Heinz RECIPE BOOK

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Heinz

HEINZ
APPLE BUTTER
HEINZ
DILL PICKLES
HEINZ
FRESH CUCUMBER PICKLE
HEINZ
MINCE MEAT
HEINZ
CHILI SAUCE
HEINZ
PURE MALT VINEGAR
HEINZ
VINEGAR
HEINZ
TOMATO KETCHUP
HEINZ
CREAM OF GREEN PEA SOUP
HEINZ
CHICKEN SOUP WITH RICE
HEINZ
ONION SOUP
HEINZ
MOCK TURTLE SOUP
HEINZ
COOKED MACARONI
HEINZ
COOKED SPAGHETTI
HEINZ
RIPE OLIVES
HEINZ
SWEET ONIONS
HEINZ
SWEET MUSTARD PICKLE
HEINZ
CHOW CHOW PICKLE
HEINZ
GENUINE TURTLE SOUP
HEINZ
VEGETABLE SOUP
HEINZ
SCOTCH BROTH
HEINZ
BEAN SOUP
HEINZ
CLAM CHOWDER
HEINZ
BREAKFAST WHEAT

Heinz RECIPE BOOK

First Course Suggestions
Easily Prepared Main Dishes
Vegetables Dressed Up
Salads and Sandwiches
Desserts
Menus for Every Occasion

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FOREWORD

FOR the better part of three years, we have been working on this new Heinz Menu and Recipe Book. We have chosen favorite recipes from Heinz Book of Meat Cookery and Heinz Salad Book, and have added dozens of additional recipes and menus of all types.

Recipes are printed in a new concise form with the ingredients and proportions listed in heavier type and in the exact order of their use. Methods are illustrated step by step with photographs so that you can follow directions easily, quickly and accurately.

Since most housewives must plan more than a thousand meals a year, we have included many pages of menus. These are all designed to help you answer the question, "What shall we serve" for company dinners, family meals, holidays and special occasions. One section is devoted to the popular salad and sandwich combinations.

It is the sincere hope of the House of Heinz that this new and different cook book will bring good cheer to your kitchen and to your table.

HOME ECONOMICS DEPARTMENT, H. J. HEINZ COMPANY, PITTSBURGH, PA.

First COURSES

Of all ways ever devised to introduce a meal, none is so versatile nor so universally popular as a fine soup. In years gone by, proud housekeepers believed that no amount of time and trouble was too much to spend in the preparation of a really delicious soup. But today the most delightful soup creations are the easiest and simplest of first courses. Heinz prepares twenty-three home-style soups all finished, perfectly seasoned—ready to serve. With these, it is simple enough to select the right soup for the right meal.

If the rest of the meal is hearty, serve a delicate soup like Heinz Consommé or Heinz Chicken with Rice. If the dinner is light, begin with a heartier soup like Heinz Bean Soup or Chicken Noodle Soup, or Heinz luscious Cream of Mushroom or Tomato. When one is serving a dinner without help, it is often convenient to plan to serve a first course in the living room. We have included many suggestions for hors d'œuvres, both hot and cold, which can be served either in the living room or at the dining table. There are also several unusual tomato juice cocktails and piquant appetizer-salads. (First course salads are a California innovation that is rapidly gaining popularity all over the country.)

FIRST COURSES · Soup Service

TYPES OF SOUPS

Course dinner . . . light soups such as Heinz Consommés

Luncheon . . . Heinz Cream Soups

Supper or Late Snacking . . . substantial soups as Heinz Scotch Broth, Clam Chowder, or Corn Chowder.

DISHES

Consommés (jellied or hot) . . . serve in bouillon cups placed in their own saucers, then on service plates. For formal service serve hot consommé in shallow soup plates placed on service plates. Serve a congealed soup before the guests are seated—hot soup afterwards.

Cream Soups . . . use broad, flat cream soup cups in their own saucers, or use soup plates. Place on service plates after guests are seated.

Meat and Vegetable Soups . . . low, shallow soup plates placed directly on service plates.

Chowders and Onion Soup . . . small earthenware dishes with covers to retain the heat, often called petite marmites, or gayly colored cereal bowls.

Chowders, Cream and Vegetable Soups . . . the old-fashioned soup tureen for quick and simple service. If a tureen is not available use a large covered vegetable dish set on a platter. The covered tureen is placed in front of the hostess with ladle and heated plates. The steaming soup is then ladled into the flat soup plates after all are seated.

SILVERWARE

Bouillon spoon . . . consommé (bouillon) cup

Longer-handled spoon . . . cream soup cup, shallow soup plate, petite marmite.

HEINZ CONSOMMÉ—

Plain or Madrilène Style

1. Serve a slice of Heinz Fresh Cucumber Pickle in hot Soup.
2. Dot slices of Heinz Ripe Mission Olives here and there on congealed Soup, or garnish with a sprig of mint, watercress, or a sprig of parsley as illustrated. (Photo 1)
3. Float a thin slice of lemon on top of hot Soup.
4. Cut firm vegetables as carrots, turnips and green pepper into fancy shapes and cook in salted water just until tender. Drain. Add to Soup when heating it, allowing 2 tablespoons of vegetables per serving. (Photo 2)

1

2

HEINZ ONION SOUP

1. Break a dry roll or slice of bread into large pieces, then place in bottom of petite marmite or small earthenware bowl with cover. Pour Onion Soup over roll or bread. Bake in a hot oven (400°F.) until Soup is hot and bread rises to top. Cover, then serve. Pass grated Parmesan cheese. (Photo 3)

3

HEINZ CHOWDER TYPE SOUPS

1. Sprinkle buttered pop corn over Corn Chowder. (Photo 4)
2. Fry thin slices of frankfurters in butter and top each serving of Bean Soup with a number of slices.
3. Drop a very thin slice of lemon on Clam Chowder.

HEINZ CREAM SOUPS

1. Serve slightly salted whipped cream on top. Sprinkle with paprika, or top whipped cream with a tiny sprig of parsley or with pimiento cut into any desired shape. (Photo 5)
2. Sprinkle with a generous tablespoon of croutons. To make croutons, dice bread into ¼ inch diamond shapes and brown in butter. (Photo 6)
3. Sprinkle with shredded toasted almonds.
4. Heat chow mein noodles and sprinkle over Soup.
5. Prepare batter for Eclair Shells (page 28). Force through pastry tube or cut into small bits, then fry in fat. Serve a number in each bowl of hot Soup.

FIRST COURSES · Soup Mergers

WITH twenty-three different kinds of Heinz Home-style Soups all ready to use, a different soup may be served almost every day of the month without repeating. But, if still more variation is desired, all sorts of combinations may be created by merely merging a couple of cans of Heinz Soups. Here are a few favorite mergers for a starter:

Heinz Cream of Mushroom Soup
AND
Heinz Chicken Noodle Soup — **Old-Fashioned Velvet Soup**

Heinz Cream of Celery Soup
AND
Heinz Chicken Noodle Soup — **Aunt Ellen's Soup**

Heinz Cream of Tomato Soup
AND
Heinz Vegetable Soup — **Cooperstown Soup**

Heinz Cream of Tomato Soup
AND
Heinz Cream of Green Pea Soup — **Purée Mongol**

Heinz Corn Chowder
AND
Heinz Cream of Tomato Soup — **Berkshire Soup**

Heinz Cream of Spinach Soup
AND
Heinz Cream of Mushroom Soup — **St. Patrick Soup**

Heinz Clam Chowder
AND
Heinz Chicken Gumbo (Creole) Soup — **Clamole Soup**

Heinz Vegetarian Soup
AND
Heinz Cream of Asparagus Soup — **Spring Soup**

Heinz Cream of Tomato Soup
AND
Heinz Pepper Pot Soup — **Tomato Pepper Pot**

Heinz Chicken Soup with Rice
AND
Heinz Onion Soup — **French Chicken Onion Soup**

HEINZ TOMATO JUICE WITH OLIVE CUBES

Pour Heinz Tomato Juice into shallow freezing tray of refrigerator containing the cube divider. When it is frozen to the mushy state, insert a stuffed olive in center of each cube, having red tip of olive protruding. Freeze until very firm. Place a cube in each glass of chilled Heinz Tomato Juice and serve at once. The cocktails may be served in the living room with canapés before dinner is served.

TOMATO JUICE COCKTAIL

Mix thoroughly

2 cups Heinz Tomato Juice
2 tablespoons chopped onion
2 tablespoons chopped parsley
½ teaspoon sugar
¼ teaspoon Heinz Red or Green Pepper Sauce
1 teaspoon lemon juice
¼ teaspoon Heinz Worcestershire Sauce
¼ teaspoon salt.

Chill. Strain, then serve accompanied by crisp crackers or canapes.

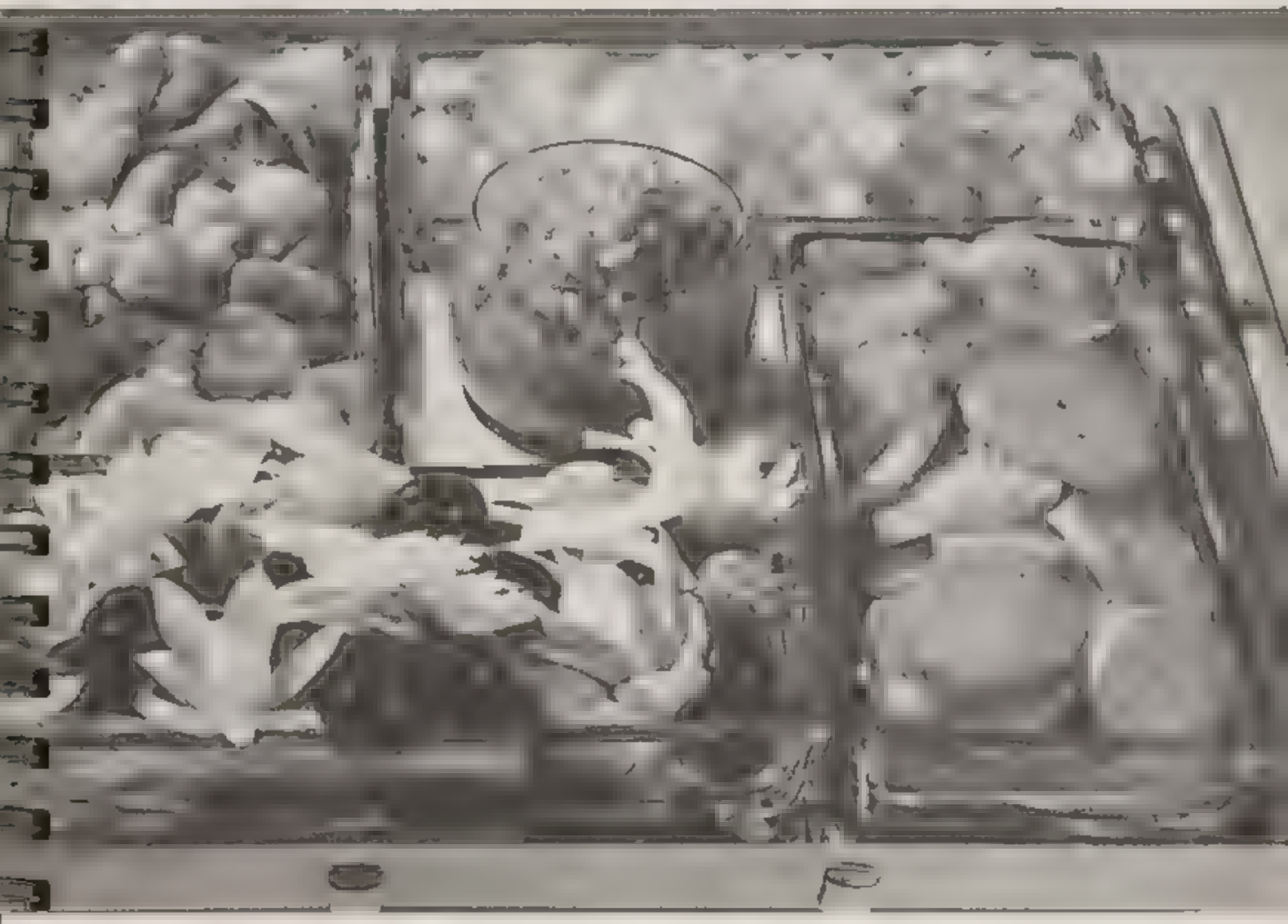
TOMATO AND CUCUMBER COCKTAIL

Mix thoroughly

2 cups Heinz Tomato Juice
½ cup grated cucumber
1 teaspoon salt
1 teaspoon sugar
2 teaspoons lemon juice
¼ teaspoon Heinz Worcestershire Sauce
½ teaspoon Heinz Evaporated Horseradish soaked in 1 teaspoon cold water 10 minutes.

Chill. Stir well before serving. Serve accompanied by crisp crackers, canapés or hors d'oeuvres.

FIRST COURSES · Relishes



RELISHES, well chilled, are the perfect complements to glasses of Heinz Tomato Juice or steaming cups of Heinz Soup. A festive assortment of relishes may be easily arranged from:

Heinz Cross Cut Sweet Pickles
Heinz Fresh Cucumber Pickle
Heinz Preserved Sweet Pickles
Heinz Preserved Pickled Onions (Sweet or Sour)
Heinz Ripe Mission Olives
Heinz India Relish
Heinz Genuine Dill Pickles
Heinz Sweet Mustard Pickle
Heinz Sweet or Sour Mixed Pickles

FIRST COURSES · Canapés

VALENTINE CANAPÉS. Cut bread with a small heart shaped cutter and toast on one side. Spread untoasted side with a layer of Heinz Sandwich Spread. Outline the edge with a thin strip of pimiento. Chill.

STAR CANAPÉS. Cut bread with a star shaped cutter and toast on one side. Spread untoasted side with Heinz Sandwich Spread and place thin strips of pimiento, radiating from center to all points of the star.

SHRIMP AND PICKLE WAFERS. Spread round butter wafers with Heinz Mayonnaise, add a slice of Heinz Fresh Cucumber Pickle, top Pickle with a bit of Mayonnaise, then add a chilled shrimp.

CAVIAR WITH PICKLED ONION GARNISH. Spread long saltines with Heinz Mayonnaise, then generously with caviar. Garnish the center with slices of Heinz Preserved Pickled Onions.

SNAPPY BITS. Soak 1½ teaspoons Heinz Evaporated Horseradish in 1 tablespoon cold water 10 minutes. Combine with 3 oz. cream cheese. Spread crisp toast rounds with cheese mixture, then sprinkle generously with paprika. Top with tiny squares of broiled bacon.

KETCHUP CHEESE ROUNDS. Combine 3 oz. cream cheese with 1 tablespoon Heinz Tomato Ketchup. Spread on toast rounds. Garnish center with strips of red pimiento and sprinkle minced parsley around the edge.

CHEESE BISCUIT CANAPÉS. Roll biscuit dough to ¼ inch in thickness. Brush with melted butter, fold over and reroll to ¼ inch thickness. Cut with tiny biscuit cutter and fry on both sides until brown in a moderately hot skillet in very shallow fat. Remove to absorbent paper. Break open and immediately spread with Heinz Prepared Mustard, then sprinkle generously with grated American or Parmesan cheese. Place halves together and serve at once. These canapés may be served cold.

ROQUEFORT FINGERS. Cream ¼ lb. Roquefort cheese, 1 teaspoon Heinz Prepared Brown Mustard and 1 teaspoon Heinz Worcestershire Sauce until thoroughly blended. Spread on finger lengths of bread and garnish with sections of Heinz Ripe Mission Olives.

MINCED HAM AND MUSTARD CANAPÉS. Toast rounds of bread on one side and spread untoasted sides with a thin layer of Heinz Prepared Brown or Yellow Mustard, then with a layer of deviled ham. Garnish with a slice of Heinz Fresh Cucumber Pickle.

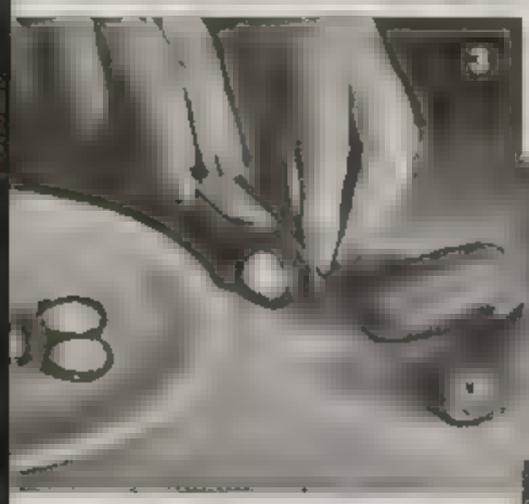
MUSTARD PICKLE AND PEANUT BUTTER WAFERS. Mix equal proportions of chopped Heinz Sweet Mustard Pickle and Heinz Peanut Butter. Spread on crisp wafers.

HOT MAYONNAISE PUFFS. Beat 1 egg white until stiff, then fold in 1 cup Heinz Mayonnaise. Pile on salted wafers and toast under broiler 3 minutes, or until puffed and delicately browned. (Makes a large number of puffs.)

HOT PICKLE AND CHEESE CANAPÉS. Slice bread ¼ inch thick and cut a large round from each slice with a medium sized cooky cutter. Toast on one side, then place a slice of Heinz Fresh Cucumber Pickle in center of untoasted side. Cover Pickle with a thin slice of American cheese the size of the round of bread. Bake in a moderate oven (350° F.) 8 minutes, or just until cheese melts. Sprinkle with paprika and serve hot.

TOASTED REFRIGERATOR CANAPÉS. Slice bread according to photograph (page 110). Spread with any desired canapé or sandwich spread. Roll tightly, surround roll with waxed paper and store in refrigerator. Just before serving slice thinly and toast. These rolls may be kept in the refrigerator several days, depending upon filling.

PEANUT BUTTER CRISPS. Spread thin whole wheat crackers with Heinz Peanut Butter and sprinkle a border of Heinz India Relish around the edge or garnish with strips of Heinz Ripe Mission Olives.



STUFFED DILL PICKLE HORS D'OEUVRE

Cut thin slice from stem end of

3 Heinz Genuine Dill Pickles.

With apple corer or narrow sharp paring knife blade, using a twirling motion, remove centers (Photo 1).

Stuff centers (Photo 2) using

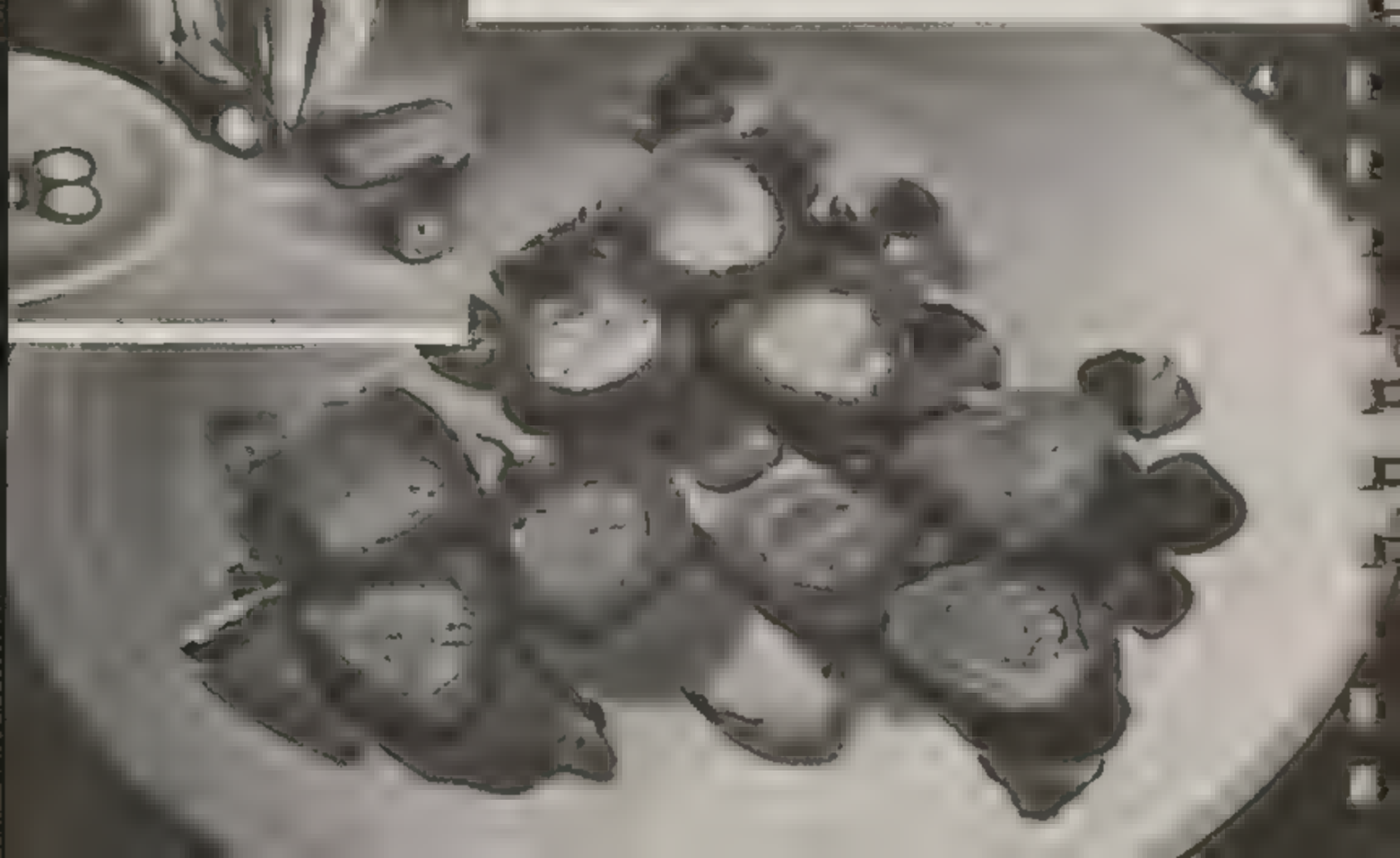
Cream cheese

Pimiento cheese

Deviled ham.

Chill 3 to 4 hours, then slice thinly (Photo 3). Arrange three slices of each in shamrock fashion on individual salad plates, using thin strips of pickle for stem as illustrated in Photo 4. Tuck sprigs of watercress here and there around the shamrocks (Photo 4).

Note — *This salad may be used as a main dish salad for St. Patrick's Day, serving sandwiches or hot bread with it.*



FIRST COURSES · Hors d'Oeuvres

CHEESE BALLS. Mash ¼ lb. American cheese to a smooth paste. Add ⅓ cup Heinz Sandwich Spread and 1 teaspoon Heinz Red Pepper Sauce, blending thoroughly. Shape into balls the size of olives. Chill

FRANKFURTER AND PICKLE APPETIZER. Slice a small frankfurter and a Heinz Genuine Dill Pickle into thin rounds. Using two slices of each, stack alternately, then spear with toothpick.

CHEESE CUBES. Cut American cheese or cooked ham into ½ inch cubes. Spear with a toothpick and top with a Heinz Preserved Sweet Pickled Onion or a Heinz Ripe Mission Olive. Insert into a head of cabbage (Photo, page 4) or large red apple for center of appetizer tray.

DRIED BEEF ROLLS. Prepare cheese filling as given in recipe, Snappy Bits (page 12). Spread on slices of dried beef. Form into rolls. Chill and serve on plate with assorted canapés. Rolls may be brushed with butter, grilled and served hot.

STUFFED CELERY. Prepare Cheese, Olive and Horseradish Filling (page 117). Press with tines of fork into chilled stalks of celery.

QUICK DEVILED EGGS. Prepare according to directions given in recipe for Fluted Egg Salad (page 92).

GHERKINS IN DRIED BEEF ROLLS. Roll a Heinz Preserved Sweet Gherkin in a slice of dried beef and fasten with toothpick. Brown rolls in butter or dot each roll with butter and broil in oven until browned. Serve hot or cold. These rolls make excellent picnic tidbits.

RELISH AND EGG SNACKS. Drain liquid from 2 tablespoons Heinz India Relish. Mash 1 hard cooked egg yolk with fork, then mix to a paste with the Relish. Spread thinly on short slices of bacon, press flat, then roll and fasten with toothpicks. Broil until bacon is cooked through. May be eaten with fingers or served on small individual plates on serving plates allowing three per serving.

SALAD HORS D'OEUVRES

See "Salads as Appetizers" (pages 76, 77, 78 and 79).

Main DISHES

It is all too easy to get into the state of mind where main dish possibilities seem to be limited to a plain beef roast, lamb chops, chicken and an occasional ham. Main dishes can be different, interesting, exciting.

Here we have gathered together tried-and-true recipes for many an old favorite, and also recipes for simple, unhackneyed dishes like barbecued meats, ham loaf, chow mein and the like.

You will notice how often the left-over appears—not apologetically, shunted into a dull section of its own, but as a self-respecting, planned-for ingredient in many delicious concoctions.

The less expensive cuts of meat have been given due consideration—particularly in savory, speedy combinations with Heinz Cooked Macaroni, Heinz richly-seasoned Spaghetti in Tomato Sauce with Cheese and Heinz four kinds of old-fashioned, Oven-Baked Beans.

The best insurance against dull meals is a pantry shelf equipped with Heinz famous flavor foods—Heinz Tomato Ketchup, Chili Sauce, Heinz Worcestershire, Mustard, Horseradish. Use them in cooking as well as on the table—to bring gusto to your meals.

SPRING VEAL STEW

Cut into one-inch pieces

2½ lbs. veal (inexpensive cut).

Cook 5 minutes, stirring often, in

2 tablespoons butter.

Add

2 cups hot water

¾ cup (1 large) finely chopped onion Hint 30, page 200

2 cups raw diced potatoes

1½ teaspoons salt

¼ teaspoon pepper

½ teaspoon paprika.

Cover and cook over low heat or bake in a moderate oven (375 F.) 1 hour, or until meat is quite tender.

Blend, then add to meat

4 tablespoons flour

1 small (10 oz.) can Heinz Cream of Mushroom Soup.

Continue cooking, stirring constantly, 4 to 5 minutes. Serve over toasted bread or biscuits in deep platter. (Serves 6.)

BARBECUED MEAT SLICES

Combine, then beat with rotary egg beater

½ cup Heinz Pure Olive Oil

3 tablespoons Heinz Prepared Brown Mustard

3 tablespoons Heinz Worcestershire Sauce

½ to 1 teaspoon salt.

Dip into this mixture

Cold cooked meat, sliced.

Roll in

Bread or cracker crumbs.

Brown in

Fat.

Serve garnished with greens and Heinz Fresh Cucumber Pickle. This sauce seasons the meat so it is not recognized as left-over.

MEAT AND VEGETABLE HASH ON TOASTED ROLLS

Prepare filling given for Meat and Vegetable Pie (page 22). Continue cooking until meat is well heated. Serve over buttered toasted rolls. (Serves 4)

DRIED BEEF CREAMED WITH MUSHROOMS AND NOODLES

Shred all but 8 slices of
4 oz. dried beef.
Brown all the beef in
2 tablespoons butter.
Remove the slices for garnishing.
Sprinkle beef in skillet with
4 tablespoons flour.
Stir until flour browns.
Add
1 small (10 oz.) can Heinz Chicken Noodle Soup
1 small (10 oz.) can Heinz Cream of Mushroom Soup.
Bring to boiling point, stirring continuously. Serve between hot biscuits (page 140). Garnish with curls of beef and sprigs of parsley. (Serves 6)

STEAK SMOTHERED IN ONIONS

Sprinkle
1½ lbs. round steak, 1 inch thick
with
Salt and pepper.
Dip in
Flour.
Brown well in
3 tablespoons fat.
Pour over steak
1 medium (16 oz.) can Heinz Onion Soup.
Cover and allow to simmer over a low flame, or bake in a moderate oven (350°F.) 1¼ hours. (Serves 6)

BREADED COLD MEATS

Dip slices of left-over roast beef, pork or veal into Heinz Tomato Ketchup, then into Heinz Rice Flakes, crumbled. Brown in shallow fat. Serve at once with vegetables for a luncheon or supper plate.

BROWNED LIVER WITH ONIONS

Blend

⅓ cup flour

1 teaspoon salt

⅛ teaspoon pepper.

Remove skin from

1 lb. calf's liver, ¼ inch thick.

Cut into servings, then dredge in the

Flour.

Brown in

4 tablespoons bacon fat.

Add

1 medium (16 oz.) can Heinz Onion Soup.

Cover, then simmer slowly 15 minutes, or until gravy thickens. (Serves 6)

SPARE RIBS, BARBECUED

Place in a shallow baking pan

3 lbs. spare ribs.

Combine

¼ cup Heinz Pure Cider Vinegar

½ cup Heinz 57-Beefsteak Sauce

1½ teaspoons salt

2 teaspoons Heinz Prepared Yellow Mustard.

Pour half of liquid over meat, then bake, uncovered, in a moderate oven (350 F.) 1¼ to 1½ hours, or until meat is tender. At end of first half hour of baking, turn ribs over and baste with remaining sauce. If necessary during last half hour of baking, add ¼ cup water to prevent drying. (Serves 6)

CROWN RIB ROAST OF PORK

Have prepared at market a

15 to 18 rib crown roast of pork.

Sprinkle well with

Salt and pepper.

Place in greased open roasting pan.

Fill with

Ripe Olive and Consommé Stuffing (below).

Do not add water or cover. Place in a moderate oven (350 F.) and bake 30 to 35 minutes per pound, or until a meat thermometer placed with the bulb in the center of the roast registers 185 F. After roast is about brown, dip small cloth in water or melted fat and spread over top to prevent rib ends from charring. (Should cloth become dry, redip again.) Remove to platter. Insert one-half of a toothpick in marrow of each rib and top toothpicks with Heinz Ripe Mission Olives and Malaga grapes (Photo, page 16), or surround with fruit skewers. *To prepare skewers.* Steam dried prunes, apricots and figs, separately, until tender, then arrange alternately on skewers. Spread with melted butter, then place under broiler just a few minutes to heat through. Fruit skewers may be prepared ahead ready to butter and reheat.

RIPE OLIVE AND CONSOMMÉ STUFFING

Remove stones from

4 doz. Heinz Ripe Mission Olives (Hint 14, page 198),

Chop Olives, then combine with

8 cups very dry bread cubes (2 medium dry loaves)

1 medium (16 oz.) can Heinz Consommé

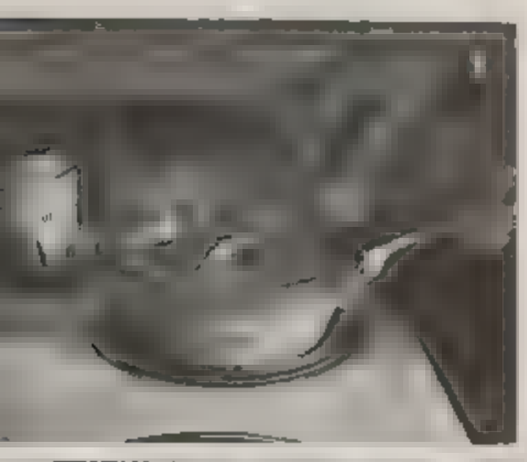
2 teaspoons salt

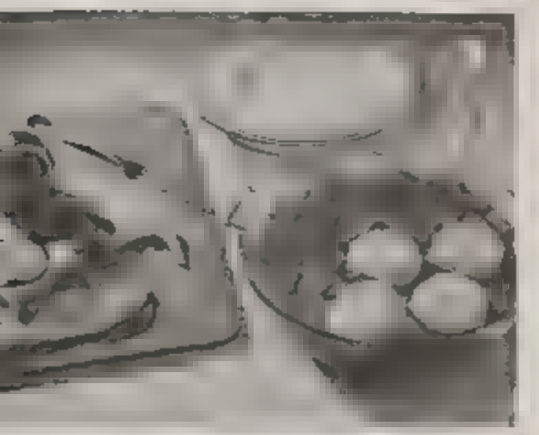
½ teaspoon pepper

2 tablespoons finely minced onion.

Pack firmly into crown roast. Trimmings, cut away in preparing crown roast, may be ground and added to stuffing.

Note:—*When stuffing a medium sized meat roll or chicken, use half of recipe.*





MEAT AND VEGETABLE PIE

Melt

2 tablespoons butter.

Add, blending well

2 tablespoons flour.

Cook until bubbling.

Add

1 medium (16 oz.) can Heinz Vegetable Soup.

Cook, stirring, until thickened (Photo 1).

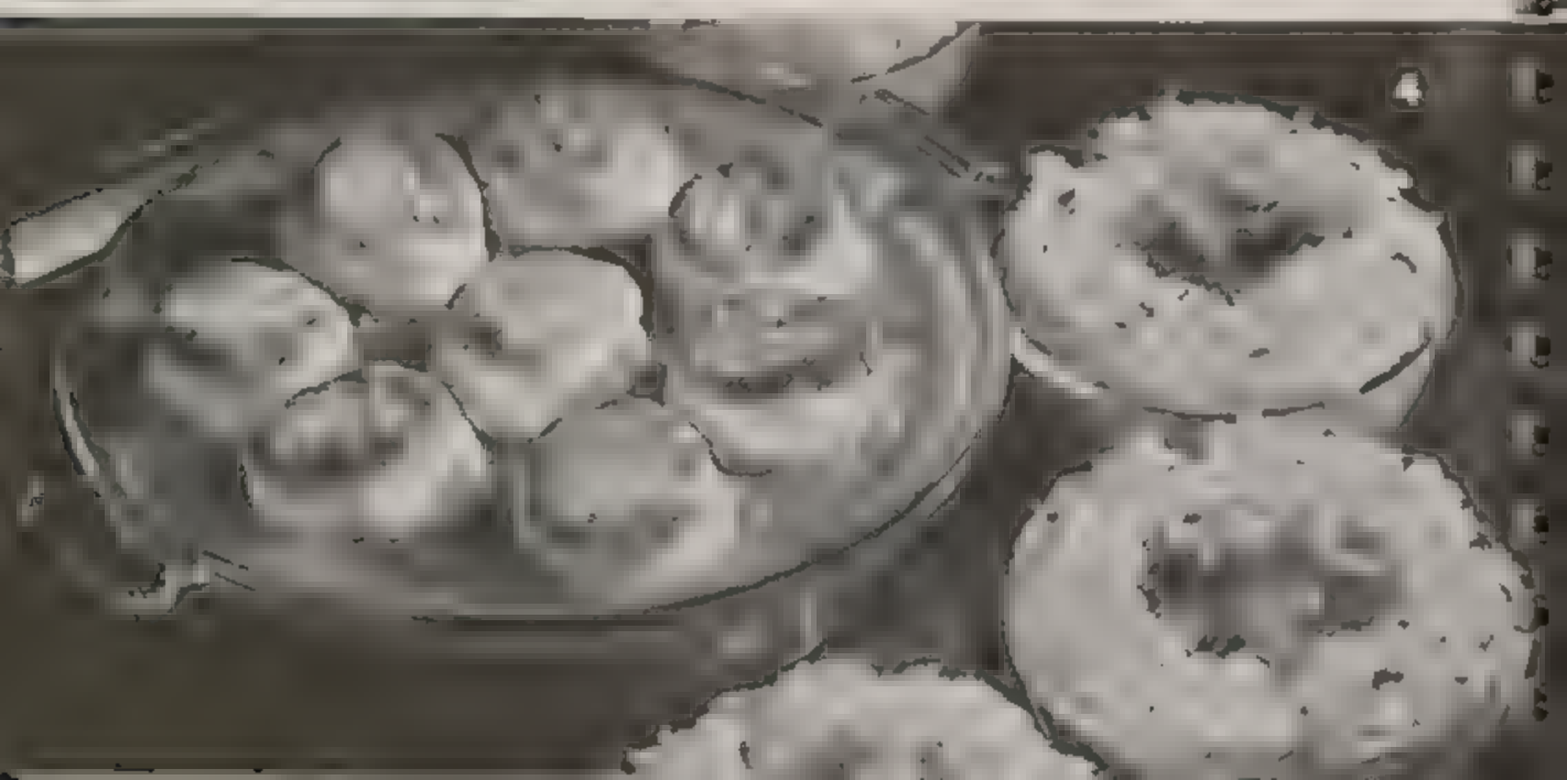
Add

2 cups diced cooked beef, pork or veal.

Pour into large casserole or individual ones. Cover with rich biscuit dough cut into small biscuits (Photo 2), or a circle of mashed potatoes, fluting with forks (Photo 3). Bake in a hot oven (450° F.) 10 to 12 minutes, or until brown (Photo 4). (Serves 4)

Notes: 1. Heinz Vegetarian Soup may be used, in which case increase flour to 3 tablespoons.

2. For buffet service, bake one individual casserole per guest, and a large one for second servings.



HAM LOAF IN FRESH CUCUMBER PICKLE RING

Prepare according to directions given for Ham Loaf (page 21). Press into ring mold (9" in diameter and 2½" deep). Bake in a moderate oven (375 F.) 40 minutes. Remove at once from pan onto round platter. Garnish with a ring of Heinz Fresh Cucumber Pickle and parsley. Delicious served hot or cold. If served hot, fluffy mashed potatoes, creamed peas and onions, carrots and peas, or whole head cooked cauliflower may be served in the center.

Note. Excellent for buffet service served cold, accompanied by salads and relishes.

BAKED HASH

Place in alternate layers in greased casserole, having two layers of each

3 cups diced raw potatoes

1½ cups chopped cooked meat

1 medium (16 oz.) can Heinz Scotch Broth.

Sprinkle each layer of potatoes with

1 tablespoon flour

Dash salt and pepper.

Cover and bake in a moderate oven (375°F.) 1¼ hours. Uncover casserole the last 15 minutes of baking to brown on top. (Serves 4 to 6)

LEG OF LAMB WITH STUFFED GREEN PEPPERS

Wipe leg of lamb with damp cloth, but do not remove the "fell" (the thin paper-like covering on the outside). Place skin down and cut side up on a rack in an open roasting pan. Sprinkle with salt and pepper. Roast in a moderate oven (300 to 350 F.) allowing 30 to 35 minutes per pound. Forty minutes before roast is done, surround with Stuffed Green Peppers (page 59). Place lamb roast on platter and surround with the peppers.

Note. If a roast meat thermometer is used, insert before sprinkling with salt and pepper so the bulb reaches the center of the thick round of the leg, making sure the bulb does not rest on fat or bone. Remove from oven when thermometer reaches 180°F.

REFRIGERATOR MEAT LOAF

Grind together finely

2½ cups cold cooked veal or pork

½ cup Heinz Sweet Mustard Pickle.

Add, blending thoroughly

¾ teaspoon salt

⅛ teaspoon pepper

4 tablespoons butter, melted.

Pack firmly into pan lined with waxed paper. Place overnight in refrigerator. Slice and garnish with watercress, deviled eggs (page 92), sliced tomatoes, cheese and parsley. May be made into sandwiches, using whole wheat bread, and placing a lettuce leaf in each sandwich. (Serves 6)

Note:—*Two 7 oz. cans tuna fish may be substituted for the meat, leaving out the ½ teaspoon salt. Drain oil from fish, then flake* (Hint 33, page 201).

HAM LOAF

Grind together twice

1 lb. raw cured ham

½ lb. fresh pork.

Add, mixing thoroughly

2 cups Heinz Rice Flakes

1 teaspoon Heinz Worcestershire Sauce

1 egg

¾ cup milk

Dash of pepper.

Form into a loaf, then place in a greased roaster and sprinkle with flour. Sear in a very hot oven (500 F.) until brown. Pour ½ cup water around loaf, cover and continue cooking in a moderate oven (375 F.) 1 hour. After searing, sweet and Irish potatoes may be placed around loaf, if desired. This loaf may be served cold and makes excellent sandwiches for packed lunches. The Rice Flakes hold the meat together so it slices easily hot or cold. (Serves 6 to 8)

KETCHUP MEAT LOAF

Grind together twice

1 lb. fresh pork

½ lb. smoked ham.

Add

1 cup Heinz Rice Flakes

1 egg

⅓ cup Heinz Tomato Ketchup

1 teaspoon salt

¼ teaspoon pepper.

Prepare and bake, following directions for preparing Ham Loaf (page 24).

CHOW MEIN

Cut into long (2") paper-thin strips

1 lb. lean pork.

Cut diagonally into narrow strips

2 cups celery.

Melt slowly, browning slightly

1 teaspoon sugar.

Add pork to melted sugar together with

2 tablespoons cooking oil

1 teaspoon salt.

Cook about 10 minutes, then add celery.

Blend together

2 teaspoons cornstarch

2 teaspoons Heinz Worcestershire Sauce

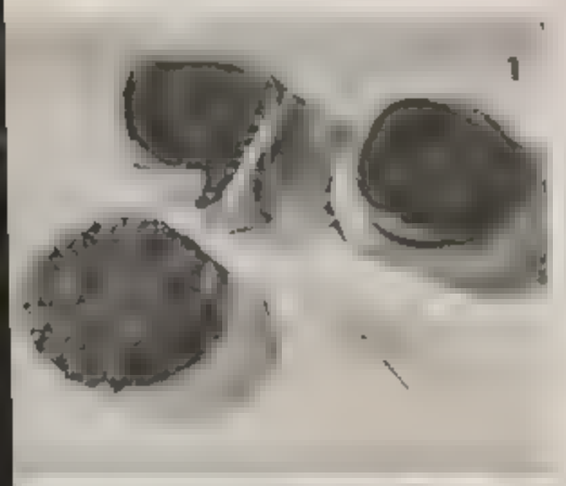
1 medium (16 oz.) can Heinz Chicken Soup with Rice.

Pour over meat mixture, then simmer gently 15 minutes. Serve over slightly heated

Chow mein noodles.

(Serves 4 to 6)

Note: One can mixed Chinese vegetables or bean sprouts and ½ cup sliced mushrooms may be added, if desired, in which case add along with celery.



SMOTHERED HAMBURG PATTIES

Combine in order given

1 cup soft bread crumbs

1 tablespoon butter, melted

1½ lbs. round steak, ground

1½ teaspoons salt

¼ teaspoon black pepper.

Form into 8 flat cakes, then surround each with a

Slice of bacon

securing bacon with a toothpick (Photo 1). Dip patties in

Flour (Photo 2).

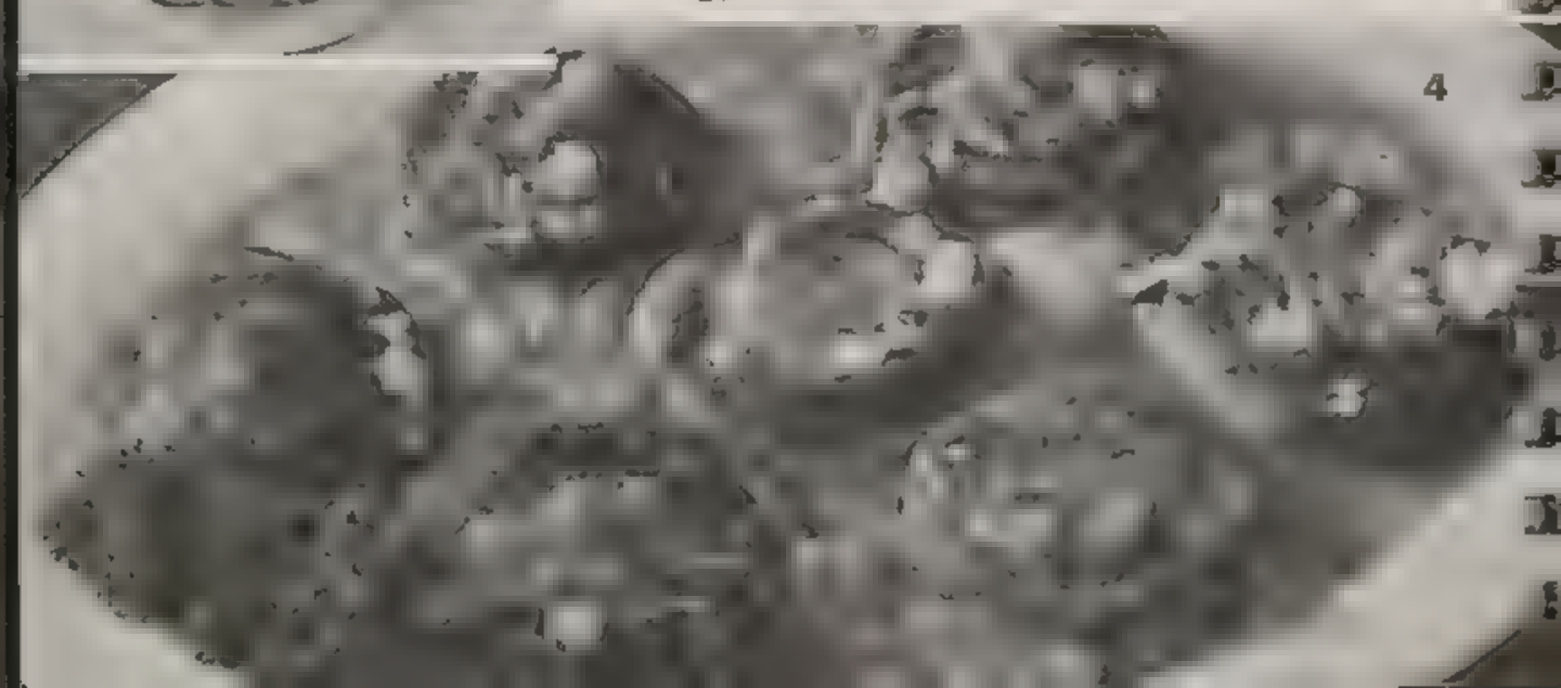
Brown in small amount of

Fat.

Add

1 medium (16 oz.) can Heinz Vegetable, Vegetarian or Onion Soup (Photo 3).

Cover tightly. Bake in a moderate oven (375° F.) 30 to 40 minutes. Pour off excess fat and thicken gravy if necessary. Arrange patties on heated platter, then pour gravy over top and garnish with parsley (Photo 4). (Serves 8)



TURKEY AND NOODLE SHORTCAKE

Substitute

1 medium (16 oz.) can Heinz Chicken Noodle Soup

for Mushroom Soup in recipe for Mushroom Sauce No. 2 (page 130). Add, heating thoroughly

1 cup diced cooked turkey or chicken

1 canned pimiento, chopped.

Serve over toast or between hot buttered biscuits. (Serves 4)

ROAST TURKEY WITH STUFFING

Wash inside and out, then drain

1 dressed turkey.

Rub inside with

Salt

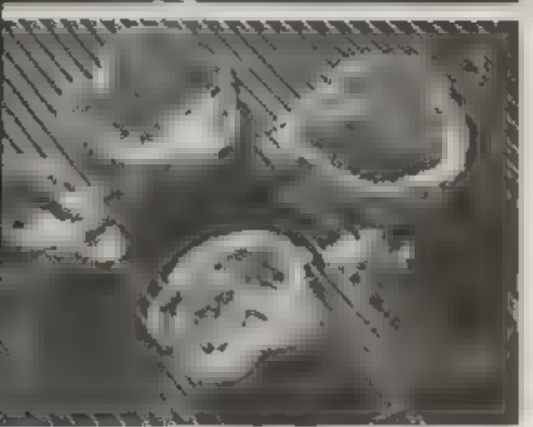
using 1 teaspoon for every five pounds of turkey. Fill the opening at the neck with sufficient

Ripe Olive and Consommé Stuffing (page 21)

to make the bird plump. Put remaining stuffing in the body. Tie or sew the neck-skin with twine, then pull to the back, fastening securely with the same twine to the ends of the wings which were brought to the back when dressed. Sew up opening in body, or pin the skin together with skewers. Allowance must be made for swelling of the stuffing, so do not overstuff. Tie ends of legs closely together, then bring the twine down under the tail, cross, and bring back to the top and tie. Rub outside of turkey well with

Heinz Pure Olive Oil.

Place turkey on trivet or on rack of roasting pan so it is resting on one side of breast and one leg. As the juices run down this prevents the breast from becoming too brown, thus producing a moist tender meat. When turkey is half baked, turn to other side of breast. Bake, uncovered, the entire time in a slow oven (300° F.) and allow 20 minutes per pound. (Weight of turkey, including giblets, is taken after dressing and before stuffing.) No water is used during the cooking. Remove to platter and garnish with parsley around ends of turkey. Dot raw cranberries and Heinz Ripe Mission Olives among the parsley leaves.



CREAMED CHICKEN IN ECLAIRS

To prepare eclairs, combine

1 cup boiling water

½ cup butter

¼ teaspoon salt.

Cover and heat until boiling briskly. Add all at once, stirring vigorously

1 cup sifted all-purpose flour.

Cook and stir until dough is transparent and forms ball that clings to spoon (about 5 minutes). Cool until lukewarm, then add

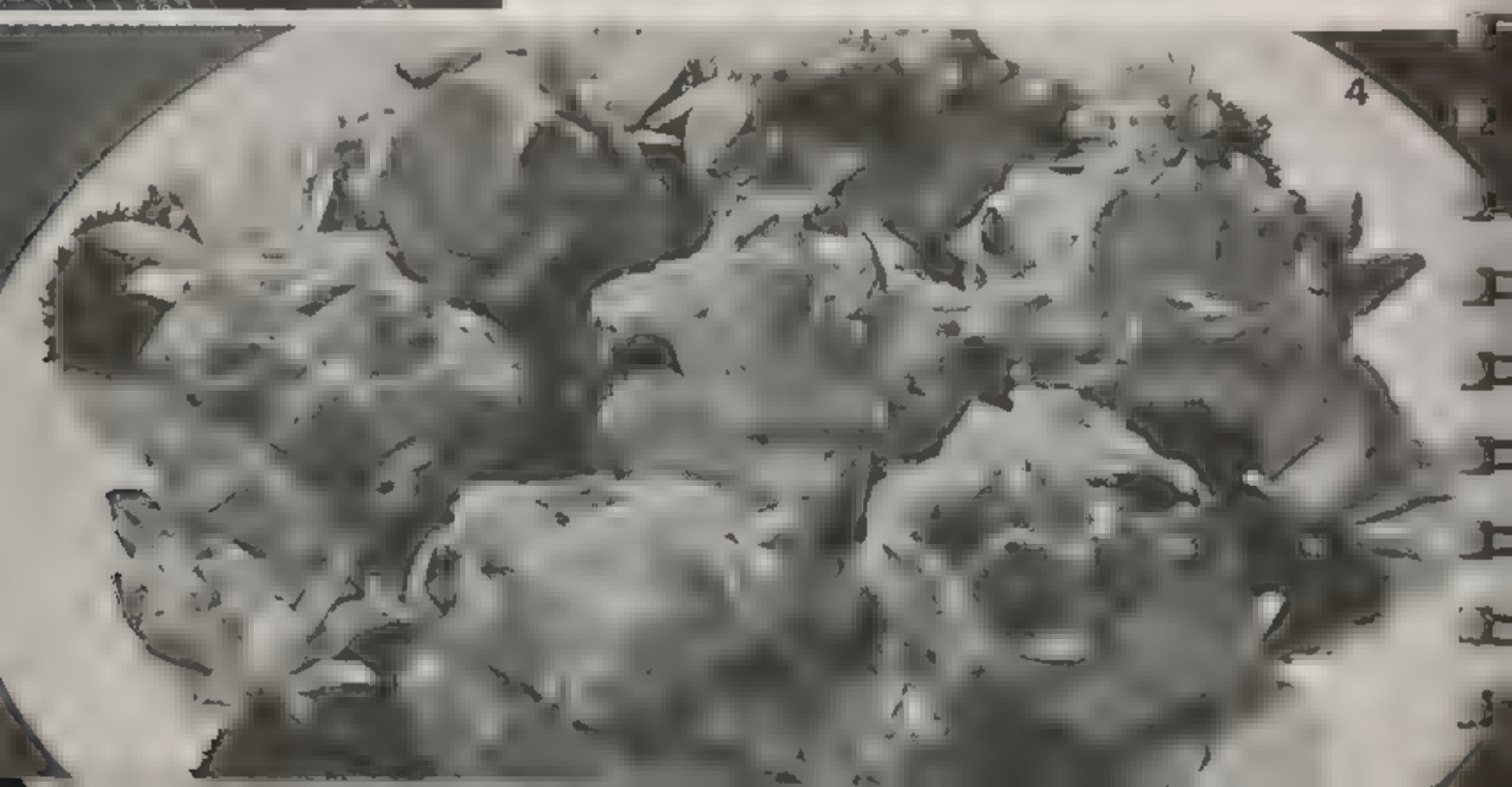
4 eggs

beating until smooth after adding each. Drop on lightly greased sheet. Shape in 12 mounds ½ inch thick (Photo 1). Bake in hot oven (400°F.) 45 minutes, or until free from beads of moisture and firm to the touch (Photo 2). Cool.

Prepare

Chicken in Mushroom Sauce (page 29).

Cut a diamond shaped piece from each eclair. Remove crumb (Photo 3). Fill with chicken. Replace top and garnish as illustrated in Photo 4.



CHICKEN OR TURKEY IN MUSHROOM SAUCE

Prepare

Quick Mushroom Sauce No. 1 (page 128).

Add to sauce

1½ cups diced cooked chicken or turkey

2 pimientos, finely chopped.

Cook long enough to heat through, stirring gently. This makes an excellent main dish for a party plate when served in eclairs (page 28) or in patty shells. For supper serve over waffles or hot biscuits in which case reduce flour to 2 tablespoons. (Serves 6)

Note: *When using in eclairs or patty shells re-heat shells before filling.*

SOUTHERN WINTER FRIED CHICKEN

Clean, cut into pieces, then chill

1—4 lb. chicken (young hen).

Sprinkle with

Salt and pepper.

Roll in plenty of

Flour.

Fry until golden brown on both sides in

4 tablespoons fat (half butter).

Remove to casserole or baking pan unless skillet has tightly fitting lid

Pour around chicken

¾ cup water.

Cover and bake in a moderate oven (350°F.) about 1 hour or until chicken is quite tender.

Blend, then pour over chicken

2 tablespoons flour

1 medium (16 oz.) can Heinz Cream of Mushroom Soup.

Recover and continue baking 15 minutes. Remove chicken to platter. Serve gravy in gravy bowl

Note: *If chicken becomes dry during baking, add small amount of hot water.*

SHELLS OF SEA FOOD AU GRATIN

Drain oil from

1—7 oz. can tuna fish (Hint 33, page 201).

Flake fish, then add, blending well

1 medium (17 oz.) can Heinz Cooked Macaroni in Cream Sauce with Cheese

1 canned pimiento, chopped

½ teaspoon Heinz Worcestershire Sauce.

Place in sea shells or in individual casseroles and top with

Buttered bread crumbs.

Bake in a moderate oven (375°F.) 20 minutes.

Serve very hot. The shell or casserole may be served on the plate together with the rest of the main course. (Serves 5)

Note: 3 cups flaked freshly cooked lobster meat may be substituted for tuna fish, in which case omit pimiento.

INDIVIDUAL SALMON LOAVES WITH MUSHROOM SAUCE

Remove skin from

1—16 oz. can salmon

then break salmon into small pieces.

Combine salmon with

3 egg yolks, beaten lightly

½ cup soft bread crumbs

⅓ cup chopped Heinz Cross Cut Sweet Pickles (12 slices)

¼ teaspoon salt

Dash of pepper.

Fold in

3 egg whites, stiffly beaten.

Place in generously greased muffin pans. Place muffin pans in a large shallow pan containing a small amount of hot water. Bake in a slow oven (325°F.) 35 minutes. Serve with Quick Mushroom Sauce No. 1 (page 128). (Serves 6 to 8)

CODFISH CAKES

Combine

2 cups flaked or shredded salt codfish

3 cups diced raw potatoes.

Simmer together in water to cover until potatoes are quite tender. Drain, mash, then beat until fluffy.

Add, mixing well

2 tablespoons butter

2 eggs, well beaten

2 tablespoons Heinz Tomato Ketchup.

Drop by heaping tablespoons onto a greased hot griddle, flattening into round cakes with spoon. Brown on both sides. Serve with Ketchup. (Makes 12 medium sized cakes)

OYSTERS SCALLOPED

Drain

1 qt. oysters.

Reserve

¾ cup oyster liquor.

Roll oysters in

Cracker crumbs.

Fry on both sides until browned in shallow

Fat.

Sprinkle lightly with

Salt.

Combine

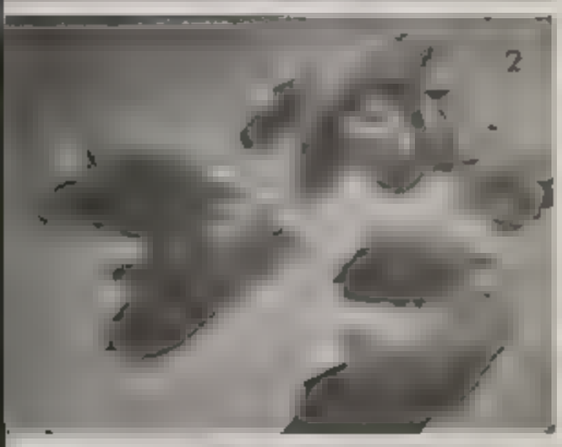
1 small (10 oz.) can Heinz Cream of Mushroom Soup

Oyster liquor, reserved

½ cup cracker crumbs.

Arrange oysters in casserole in three layers, covering each layer with a thin layer of the Soup mixture. Sprinkle over top a few cracker crumbs which have been browned in pan oysters were fried in. Bake in a moderate oven (350°F.) 30 minutes. (Serves 6 to 8)

Note: *An excellent buffet casserole.*



MACARONI, SHRIMP AND TOMATO CASSEROLE

Boil 15 to 20 minutes in salted water

1½ doz. fresh shrimps.

Wash, then drain. Remove with fingers the tail and legs (Photo 1), then shells (Photo 2). Cut out the black line (intestine) with sharp paring knife (Photo 3), then rinse under gently flowing cold water, if necessary. Cut or break large shrimps into pieces, leaving small ones whole. Combine shrimps with

1 medium (17 oz.) can Heinz Cooked Macaroni in Cream Sauce with Cheese.

Pour into casserole.

Cut into ½ inch slices

2 firm ripe tomatoes.

Arrange tomatoes over Macaroni mixture, then sprinkle with

Salt and pepper

¾ cup grated American cheese.

Bake in moderate oven (350 F. 30 minutes or until cheese is melted (Photo 4). (Serves 4

TUNA FISH AND EGGS IN MUSHROOM SAUCE

Prepare

Quick Mushroom Sauce No. 2 (page 130).

Drain oil from, then flake

1—7 oz. can tuna fish (Hint 33, page 201).

Add fish to Mushroom Sauce together with

4 hard cooked eggs, sliced

Salt and pepper to taste.

Heat thoroughly. Serve on hot biscuit straws (page 143).

Garnish with parsley and a bit of hard cooked egg, which has been pressed through sieve.

BAKED FISH WITH CUCUMBER SAUCE

Clean

1—2½ to 3 lb. fish.

Wash in water to which has been added a small amount of

Heinz Pure Cider Vinegar.

Drain, then rub inside with

Salt.

Mix thoroughly

½ cup butter, melted

6 cups slightly dry bread crumbs

1 teaspoon salt

¼ teaspoon pepper

⅓ cup (1 small) finely chopped onion.

Press stuffing into fish, then insert skewers through the flesh of the fish and fasten with a crisscross cord. Rub surface with

Heinz Pure Olive Oil.

Bake, surrounded with just enough water to prevent sticking, in a hot oven (425 F.) about 35 minutes. Dry-meated fish should be basted every 10 minutes, or may be covered with thin slices of salt fat pork before baking. Remove cord, arrange on platter and garnish with slices of lemon. Serve with Cucumber Sauce (page 132).

Note:—*Vinegar added to the water in which fish is washed, whitens the fish and makes it firmer.*

TUNA AND NOODLE CASSEROLE

Cook

1 small package (2 cups) egg noodles.

Drain, then flake

1—7 oz. can tuna fish (Hint 33, page 201).

Arrange alternate layers of noodles and fish in casserole, beginning and ending with noodles. Pour over top

1 medium (16 oz.) can Heinz Cream of Mushroom Soup.

Sprinkle with

½ cup soft bread crumbs.

Bake in a moderate oven (350 F.) 30 minutes. (Serves 6)

Note—*Chopped blanched almonds may be sprinkled over each layer of fish.*

JAMBALAYAH

Fry together

6 slices bacon, diced

½ cup (⅛ lb.) diced cooked ham.

Add, then brown

⅔ cup diced celery

½ cup (1 medium) chopped onion (Hint 30, page 200)

½ cup (1 medium) chopped green pepper.

Add

1 small (10 oz.) can Heinz Cream of Tomato Soup

1 tablespoon Heinz Tomato Ketchup

1 tablespoon Heinz Worcestershire Sauce

½ cup water.

Simmer 10 minutes, then add

2 cups (½ lb.) fresh or canned shrimps.

Continue simmering 20 minutes.

Season to taste with

Salt.

Serve over Macaroni Ring (page 44). (Serves 6 to 8)

Note:—*If fresh shrimps are used, prepare according to directions given in recipe for Macaroni, Shrimp and Tomato Casserole (page 32*

SALMON WITH RIPE OLIVE SAUCE

Drain, then remove skin from

1—16 oz. can salmon.

Melt

1 tablespoon butter.

Add salmon, then heat thoroughly. Place on platter and pour over top

Ripe Olive Sauce (page 131).

Garnish with parsley. Keep a can of salmon and one of Heinz Ripe Mission Olives on hand to prepare this dish in an emergency. Serve this Ripe Olive Sauce over salmon steak also. (Serves 5 to 6)

CHAUD-FROID OF SALMON

Rinse with hot water, then drain

1—16 oz. can salmon.

Remove dark skin, then flake.

Combine, then let stand 5 minutes

¾ tablespoon plain gelatin

2 tablespoons cold water.

Combine, blending well

1½ tablespoons sugar

1½ teaspoons salt

2 teaspoons flour

2 teaspoons Heinz Prepared Yellow Mustard.

Add

1 egg, slightly beaten

1½ tablespoons butter, melted

¾ cup milk

⅓ cup Heinz Pure Cider Vinegar.

Cook over boiling water, stirring constantly, until thickened. Add the soaked gelatin, then strain and combine with salmon. Place in individual molds and chill until firm. Unmold and surround with watercress. Garnish with Heinz Ripe Mission Olives and radish roses (Hint 17, page 198). Excellent for party plates. (Serves 4)

FISH CROQUETTES

Prepare

Quick Mushroom Sauce No. 2 (page 130)

increasing flour to 5 tablespoons.

Add

1—7 oz. can tuna fish, flaked

1 cup dry bread crumbs.

Cool thoroughly, then form into croquettes.

Dip in

2 eggs, slightly beaten

then into

Cracker crumbs.

Fry in deep fat until golden brown. Serve with Quick Mushroom Sauce No. 2 (page 130). (Serves 4)

Note:—*1 ½ cups finely chopped cold roast meat or chicken may be substituted for the tuna fish.*

CRAB MEAT AU GRATIN

Strip bones from, then flake

1 cup fresh or canned crab meat.

Prepare

Quick Mushroom Sauce No. 1 (page 128)

decreasing flour to 1 tablespoon.

Add crab meat to sauce, then add

1 ½ cups soft bread crumbs

¼ teaspoon salt

Dash of pepper

¾ cup grated American cheese.

Heat until cheese is melted, then pour into shallow baking dish

Sprinkle with

¼ cup grated American cheese.

Place under broiler just long enough to brown slightly. Serve at the table on golden brown toast or in patty shells. (Serves 4)

HALIBUT STEAK WITH KETCHUP SAUCE

Spread

2 lbs. halibut steak

with

1 tablespoon Heinz Prepared Brown or Yellow Mustard.

Sprinkle with

½ teaspoon salt

Dash of pepper.

Dip in

1 well beaten egg

then in

Heinz Rice Flakes, crumbled, or dry bread crumbs.

Fry in fat to a golden brown. Serve with Ketchup Sauce (page 127) or Tartar Sauce (page 132). (Serves 6)

SALMON AND PICKLE LOAF

Grease casserole or baking pan with

Heinz Pure Olive Oil or other vegetable fat.

Line with slices of

Heinz Cross Cut Sweet Pickles.

Drain, then flake

1—16 oz. can salmon.

Add, mixing well

½ cup bread crumbs

½ cup milk

1 egg

1 teaspoon salt

1 tablespoon butter, melted.

Pack into the casserole or baking pan, then set in shallow pan containing a small amount of hot water. Bake in a moderate oven (375 F.) about 1 hour or until loaf becomes firm. Remove to hot platter and garnish with sprigs of parsley. Cut into ¾ inch slices and serve hot. (Serves 4)

CHILI CON CARNE

Brown

1 lb. round steak, ground

½ cup (1 medium) chopped onion (Hint 30, page 200

in

1 tablespoon butter.

Add

1 medium (17½ oz.) can Heinz Oven Baked Red Kidney Beans

1 small (10 oz.) can Heinz Cream of Tomato Soup

1 teaspoon salt

¼ teaspoon chili powder.

Simmer 15 to 25 minutes, stirring occasionally. (Serves 6 to 8)

Note: The chili powder may be omitted, if desired, and a dash of black pepper substituted. Or for a real Mexican chili add more chili powder.

KIDNEY BEAN RAREBIT

Melt

4 tablespoons butter.

Add, blending well

4 tablespoons flour.

Cook until bubbling.

Add

2 cups milk, scalded.

Cook, stirring constantly, until thickened.

Add, blending well

½ teaspoon salt

Dash of pepper

1½ cups grated American cheese.

When cheese is melted, add

⅓ cup Heinz Tomato Ketchup

1 medium (17½ oz.) can Heinz Oven Baked Red Kidney Beans, drained.

Continue heating until well heated through. This rarebit is an excellent dish for school lunches. Any style of Heinz Oven Baked Beans may be used in this recipe. Serve on slices of hot toast or biscuits.

BEAN RAREBIT, BAKED

Combine

1 medium (18 oz.) can Heinz Oven Baked Beans, Boston Style

1 cup (¼ lb.) grated American cheese

½ green pepper, sliced.

Pour into casserole and bake in a moderate oven (350 F.) 45 minutes. (Serves 4)

CHEESE AND BEAN RAREBIT

Heat in saucepan

1 medium (18 oz.) can Heinz Oven Baked Beans, Boston Style.

Prepare

Cheese Sauce (page 126).

Place Beans in shallow serving dish or casserole. Make depression in center of Beans, then pour in Cheese Sauce. Serve very hot. (Serves 4)

BOSTON BEAN CASSEROLE

Cut into squares

3 slices bacon.

Combine with

1 tablespoon finely chopped onion

2 tablespoons chopped green pepper.

Fry until bacon is crisp, then pour off excess fat.

Add

½ cup chopped celery

2 medium (18 oz.) cans Heinz Oven Baked Beans, Boston Style.

Pour into casserole, then sprinkle with

1 slice raw bacon, finely diced.

Bake in a moderate oven (375 F.) 40 minutes, or until top is browned (Serves 6)

Note: *Celery and green pepper may be doubled if more green vegetables are desired.*

HEINZ OVEN BAKED BEANS

In Individual Bean Pots: (Photo 1)

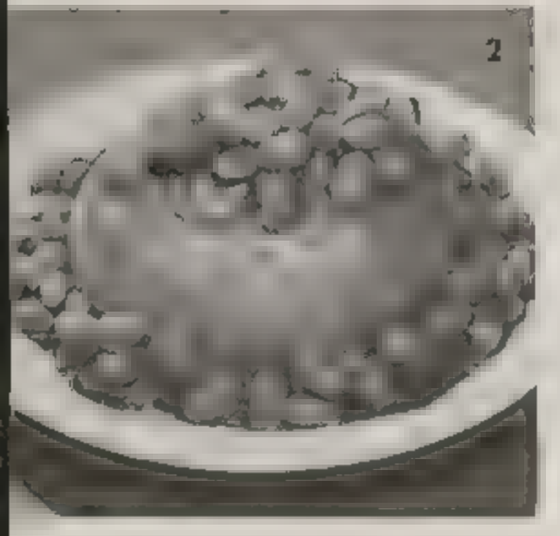
Fill with

Heinz Oven Baked Beans, any style.

Top each with a

Quarter strip bacon.

Bake in a moderate oven (375°F.) 30 minutes.



Over Bermuda Onions: (Photo 2)

Cut thin slice from top of

Boiled Bermuda onions.

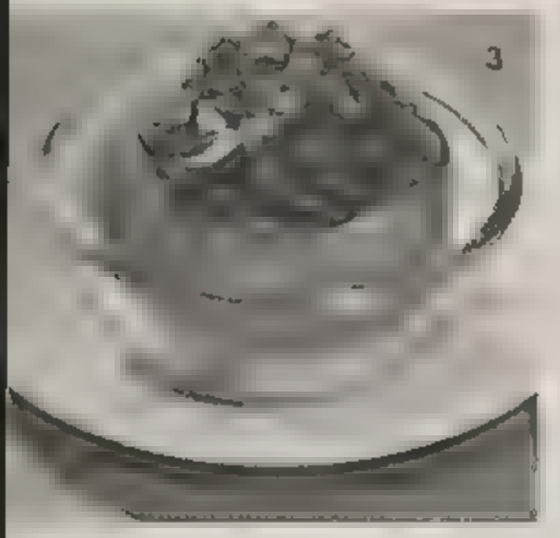
Cut tops crisscross fashion.

Top with

Ketchup Butter Sauce (page 133)

then top with a generous serving of

Heinz Oven Baked Beans, any style, heated.



In Tomato Shells: (Photo 3)

Remove pulp from tomatoes to form shells, then sprinkle shells with salt and pepper. Combine tomato pulp with

6 slices crisp bacon, chopped

2 green peppers, chopped and fried in bacon fat

1 medium (17½ oz.) can Heinz Oven Baked Red Kidney Beans.

Fill shells with Bean mixture, then bake in a moderate oven (375°F.) 20 minutes.

HEINZ OVEN BAKED BEANS

In Large Bean Pot: (Photo 4)

Fill pot with

Heinz Oven Baked Beans, any style.

Top with

Thin slices onion

then dot onion with

Butter.

Bake in a moderate oven (375°F.) 1 hour.

Sprinkle with chopped parsley just before serving.

COMBINATION BAKED BEAN CASSEROLE

Arrange in alternate layers in casserole, having two layers of each

1 medium (18 oz.) can Heinz Oven Baked Beans with Pork and Tomato Sauce

1 medium (17½ oz.) can Heinz Oven Baked Red Kidney Beans.

Spread over each layer a small amount of

Heinz Tomato Ketchup.

Cut

3 large slices bacon

in halves, then arrange over Beans.

Bake in a moderate oven (375° F.) 35 minutes. Beans may be baked in individual bean pots. (Serves 6)

Note: *For variation add a layer or so of drained whole kernel corn.*

BAKED BEANS, CREOLE STYLE

Fry until crisp, then break into small pieces

3 slices bacon.

Brown slightly in the bacon fat

½ cup (1 medium) chopped onion (Hint 30, page 200)

½ cup (1 medium) finely chopped green pepper.

Combine bacon with vegetables.

Place in alternate layers in casserole with

1 medium (18 oz.) can Heinz Oven Baked Beans, Vegetarian Style.

Sprinkle each layer of bacon and vegetable mixture lightly with

Salt.

Pour over top

1 cup canned or stewed tomatoes.

Sprinkle with

1 teaspoon sugar.

Bake in a hot oven (425° F.) about 30 minutes, or until the tomatoes thicken. (Serves 5)

MACARONI WITH CRUMB TOPPING

Place Heinz Cooked Macaroni in Cream Sauce with Cheese in casserole. Top with buttered bread crumbs. Bake in a moderate oven (350 F.) about 20 minutes or until heated through. Makes an excellent main or side dish.

MACARONI AND MEAT EN CASSEROLE

Place in alternate layers in buttered casserole

2 medium (17 oz.) cans Heinz Cooked Macaroni in Cream Sauce with Cheese

1 to 2 cups diced cold cooked roast pork, veal or ham.

Sprinkle over top

¼ cup grated American cheese.

Bake in a moderate oven (375 F.) 20 minutes, or until well heated through. (Serves 5 to 6)

MACARONI AND CAULIFLOWER CASSEROLE

Wash and separate into flowerets

1 small head cauliflower.

Cook 8 minutes in rapidly boiling salted water. Drain.

Brown

1 small can mushrooms

in

1 tablespoon butter

then reserve several of the mushrooms for garnishing.

Combine remaining mushrooms with cauliflower, then add, mixing lightly with fork

1 medium (17 oz.) can Heinz Cooked Macaroni in Cream Sauce with Cheese.

Pour into a casserole or individual baking dishes, then arrange remaining mushrooms over top. Bake in a moderate oven (350 F.) 20 minutes. (Serves 4)

MACARONI RING

Combine well

4 eggs

2 medium (17 oz.) cans Heinz Cooked Macaroni in Cream Sauce with Cheese (Photo 1).

Pour into a well buttered ring mold and set in a pan of hot water (Photo 2). Bake in a slow oven (325 F.) 1 hour. Loosen edges. Turn upside down onto a flat platter (Photo 3). Fill with Jambalayah (Photo 4). (Serves 6) Recipe for Jambalayah page 34.

Note: *The following may be served in center of Macaroni Ring:*

Creamed mushrooms

Buttered fresh vegetables

Creamed chicken or other meats

Tuna fish browned in butter.

INDIVIDUAL MACARONI AND MEAT MUFFINS

Grind together twice

½ lb. fresh lean pork

1 lb. raw cured ham.

Add

1 medium (17 oz.) can Heinz Cooked Macaroni in Cream Sauce with Cheese

1 egg.

Mix thoroughly, breaking Macaroni into small pieces. Fill well greased muffin pans full of the mixture. Bake in a moderate oven (375 F.) 45 minutes. Turn onto hot platter and garnish with parsley and Heinz Fresh Cucumber Pickle. (12 muffins—2 per serving)

Notes: *1. May be baked in one casserole, if desired, baking as directed.*
2. 1 - 16 oz. can salmon or 1 –7 oz. can tuna fish, drained and flaked, may be substituted for the meat.

VEGETABLE MACARONI CASSEROLE

Cook just until tender

1 tablespoon chopped onion

½ cup diced celery

2 tablespoons chopped green pepper

in

2 tablespoons butter.

Add, mixing well

1 teaspoon Heinz Worcestershire Sauce

1 medium (17 oz.) can Heinz Cooked Macaroni in Cream Sauce with Cheese.

Pour into shallow casserole and top with

¼ cup fresh bread crumbs.

Bake in a moderate oven (375 F.) 15 to 20 minutes. (Serves 2 to 3)

Note: *If desired, 2 tablespoons Heinz Chili Sauce or 1 teaspoon Heinz 57-Beefsteak Sauce may be substituted for the Worcestershire.*

MACARONI AND TUNA FISH SOUFFLÉ

Drain oil from

1—7 oz. can tuna fish (Hint 33, page 201).

Flake fish finely, then add

1 medium (17 oz.) can Heinz Cooked Macaroni in Cream Sauce with Cheese

Dash of pepper.

Mix thoroughly, breaking Macaroni into small pieces.

Add, blending well

2 egg yolks, beaten until thick.

Fold in

2 egg whites, stiffly beaten.

Pour into a well buttered casserole, then sprinkle with

¼ cup fresh bread crumbs, buttered.

Set casserole in pan filled with hot water almost to the height of the dish. Bake in a moderate oven (350 F.) 50 minutes, or until firm in center. Serve at once. (Serves 4)

PEPPERS BAKED WITH MACARONI

Cut tops from

6 medium sized green peppers.

Remove seeds and fiber. Drop into boiling water, then remove pan from fire. Let stand 10 to 12 minutes, then drain.

Brown

1 lb. sausage meat

crumbling into small bits with a fork.

Combine with

1 medium (17 oz.) can Heinz Cooked Macaroni in Cream Sauce with Cheese

⅓ cup Heinz Tomato Ketchup.

Fill peppers with this mixture, then arrange in a baking dish or individual casseroles. Pour just enough water around peppers to prevent sticking. Cover top with soft bread crumbs. Bake in a moderate oven (375°F.) 45 minutes. (Serves 6)

BOLOGNA CUPS OF SPAGHETTI

Heat

1 large (24 oz.) can Heinz Cooked Spaghetti in Tomato Sauce.

Brown

Slices jumbo bologna, cut ⅛ inch thick

in

Butter

until they cup. Fill bologna cups with Spaghetti, then sprinkle with

Grated Parmesan cheese.

Garnish attractively and serve at once.

COOKED SPAGHETTI WITH MEAT BALLS

Combine, then mix well

1 lb. ground round steak
½ lb. ground pork
⅓ cup Heinz Rice Flakes
2 teaspoons salt
¼ teaspoon Heinz Red Pepper Sauce
½ teaspoon Heinz Worcestershire Sauce
½ cup thin cream or top milk
Small portion of ½ cup (1 medium) chopped onion.

Shape into balls, then dip in

Flour.

Cook to a rich brown with remaining onion in

3 tablespoons Heinz Pure Olive Oil.

Heat

2 medium (17 oz.) cans Heinz Cooked Spaghetti in Tomato Sauce.

Pour Spaghetti into heated serving casserole and arrange the meat balls over top. Sprinkle with grated cheese, if desired, or serve cheese separately. (Serves 6 to 8)

Note:—After meat balls are browned, they may be placed in bottom of baking dish, covered with Spaghetti, sprinkled with cheese, then baked until done.

SPAGHETTI AND MEAT PIE

Cut into small cubes or grind coarsely

1 lb. lean pork or veal.

Fry slowly until tender and well browned in

2 tablespoons butter.

Sprinkle with

1 teaspoon salt

Dash of pepper.

Pour into casserole

1 medium (17 oz.) can Heinz Cooked Spaghetti in Tomato Sauce.

Press Spaghetti up around sides of casserole (Photo 1), then fill center with the meat. Press meat down into the center until the Spaghetti is pushed to the top of the casserole (Photo 2).

Combine, sprinkle over Spaghetti (Photo 3)

¼ cup toasted fine bread crumbs

¼ cup grated American cheese.

Bake in a moderate oven (375°F.) 25 minutes (Photo 4).

Serve very hot. (Serves 4)

Note: *Left-over roast meat may be substituted for the raw meat.*

SPAGHETTI WITH SAUSAGE CAKES

Form into cakes

1 lb. sausage

then brown on both sides in skillet.

Place in greased casserole

1 large (24 oz.) can Heinz Cooked Spaghetti in Tomato Sauce.

Slice and arrange over Spaghetti

1 medium sized onion

then top with the browned sausage cakes.

Cover and bake in a moderate oven (375 F.) 15 minutes or until onion slices are tender. Uncover and brown top slightly. This recipe may be successfully increased to serve a large number. (Serves 4)

SPAGHETTI, BAYOU STYLE

Cook

1 eggplant

15 minutes in boiling salted water to cover. Cut lengthwise in halves. Remove pulp, leaving thin shells. Chop pulp, then add

½ cup (1 medium) chopped onion.

Fry until tender in

4 tablespoons bacon fat.

Season to taste with

Salt.

Add, then heat thoroughly

1 medium (17 oz.) can Heinz Cooked Spaghetti in Tomato Sauce

1 cup chopped left-over meat.

Combine

½ cup Heinz Rice Flakes or bread crumbs

¼ cup grated American cheese.

Pile Spaghetti mixture high in eggplant shells, then sprinkle with the cheese mixture. Bake in a moderate oven (375 F.) 10 to 15 minutes. Serve at once. (Serves 4)

SPAGHETTI WITH HAM AND MUSHROOMS

Slice thinly

½ lb. fresh mushrooms

then cook until tender in

2 tablespoons butter.

Add

1 cup finely diced boiled ham or tongue

1 small onion, scraped or finely diced

1 green pepper, chopped.

Continue cooking until slightly brown.

Add, heating thoroughly

1 large (24 oz.) can Heinz Cooked Spaghetti in Tomato Sauce

Salt and pepper to taste.

Serve on platter and garnish with sprigs of parsley and Heinz Ripe Mission Olives. (Serves 4)

SPAGHETTI WITH SIZZLED BEEF

Cook until tender

⅓ cup (1 small) finely chopped onion

⅓ cup (1 small) finely chopped green pepper

in

3 tablespoons butter.

Add, browning slightly

¾ cup (2½ oz.) finely shredded dried beef.

Add

1 medium (17 oz.) can Heinz Cooked Spaghetti in Tomato Sauce

Dash of pepper.

Cook just until Spaghetti is heated through.

Serve very hot. (Serves 4)

Note. If desired combine the cooked onion, green pepper and shredded dried beef with the Spaghetti, then pour into casserole and bake in a moderate oven (375°F.) 20 minutes, or until thoroughly heated through.

SPAGHETTI WITH SLICED FRANKFURTERS

Slice crosswise into ⅛ inch slices

½ lb. (3 or 4) frankfurters.

Brown with

½ cup (1 medium) finely chopped onion

in

2 tablespoons butter.

Push to one side of pan, then heat in the other side

1 large (24 oz.) can Heinz Cooked Spaghetti in Tomato Sauce.

Place Spaghetti in center of platter and dot meat over the top or around edges. Garnish with sprigs of parsley and Heinz Cross Cut Sweet Pickles. (Serves 4)

SPAGHETTI AND HAM SOUFFLÉ

Melt

4 tablespoons butter.

Add, blending well

4 tablespoons flour.

Cook until bubbling.

Add

¼ cup Heinz Cream of Tomato Soup (from 1—16 oz. can. See note).

Cook, stirring constantly, until thickened.

Remove from fire, then add

1 large (24 oz.) can Heinz Cooked Spaghetti in Tomato Sauce

1 cup finely diced cooked ham

2 egg yolks, well beaten.

Fold in

2 egg whites, stiffly beaten.

Place in buttered casserole and bake in a moderate oven (350 to 375°F.) 40 minutes. Serve with Quick Tomato Sauce. See Note. (Serves 4)

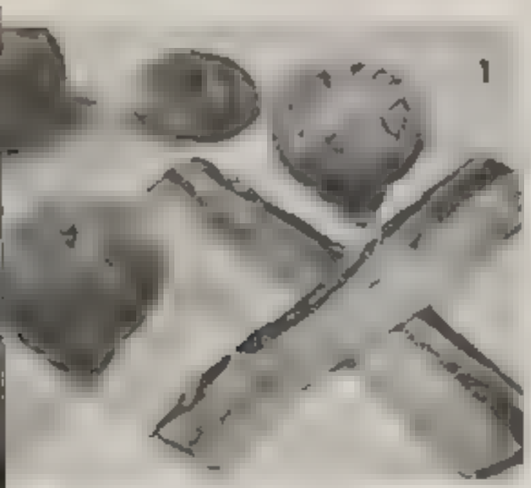
Note. Follow recipe for Quick Tomato Sauce (page 129), using remainder of Soup from the Soufflé, and adding an additional tablespoon flour.

Vegetables

Some of the most delightful of edibles belong to the vegetable kingdom. The Aztecs worshipped the tomato. Roman poets extolled the virtues of cabbage and spinach. At least one famous essay has been written in praise of the "incomparable onion". But on our modern table, vegetables are often the dull stepchild on our menus, included usually from a sense of duty "because they are good for us".

In these pages we have brought together a series of vegetable recipes intended to banish from the vegetable courses any illusion of dullness. Here you will encounter spinach in a loaf piquantly seasoned with Heinz Cider Vinegar and Worcestershire. Cauliflower becomes a savory main dish for luncheon or supper with a delicious, creamy sauce made in a trice from a tin of Heinz Cream of Mushroom Soup. Even such simple fare as boiled cabbage and hashed brown potatoes take on flavor and interest with a touch of Heinz Tomato Ketchup and a few spoonfuls of Heinz India Relish.

You will find these vegetable dishes included in many interesting menus, pages 182-193.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GRILLED TOMATOES IN BACON JACKETS

Cut stem end from

Medium sized tomatoes.

Cross in center for each tomato

2 slices bacon (Photo 1).

On top of bacon place a tomato, cut side up. Spread with a thin layer of

Heinz Prepared Yellow Mustard

then sprinkle with

Salt

½ tablespoon brown sugar (Photo 2).

Bring ends of bacon to center of tomato, overlapping and securing with toothpick (Photo 3). Place in a shallow baking dish and bake in a hot oven (425°F.) 20 minutes. Garnish by placing a Heinz Preserved Sweet Pickled Onion on each toothpick (Photo 4).

Note: *If large tomatoes are used, cut crosswise in halves and use as whole tomatoes.*

4

PICKLED BEETS

Slice cooked beets, then place in a jar. Cover with pickle juice left after using Heinz Preserved Sweet Gherkins, Heinz Cross Cut Sweet Pickles or Heinz bulk Sweet Pickles. Allow beets to remain in juice overnight before serving. The pickle juice, which is made from pure granulated sugar, Heinz Pickling Vinegar and aromatic spices, gives the beets a delightfully spicy pickled flavor.

SPINACH LOAF

Combine, mixing well

3 cups (2 lbs. raw) drained, finely chopped cooked spinach
3 tablespoons butter, melted
1 teaspoon Heinz Worcestershire Sauce
3 tablespoons Heinz Pure Cider Vinegar
1½ teaspoons salt
3 eggs, slightly beaten.

Pour into a greased baking dish, patting in firmly. Place dish in pan containing hot water. Bake in a slow oven (325 F.) 1 hour. (Serves 6)

CAULIFLOWER WITH MUSHROOM SAUCE

Cook uncovered in boiling salted water to cover

1 large head cauliflower.

Prepare

Quick Mushroom Sauce No. 1 (page 128).

Combine

1 thin slice toast, finely crumbled
¼ cup grated American cheese.

Arrange head cauliflower in heated serving dish. Pour Mushroom Sauce over top, then sprinkle with cheese mixture. (Serves 5)

Note:—*To prepare cauliflower, remove the lower leaves and allow water to flow over it to remove dust, then soak in water to cover 30 minutes. Cut bottom of stem off smoothly so the head will stand upright in kettle.*

SLICED TOMATOES AND CUCUMBERS IN VINEGAR DRESSING

Skin, then chill thoroughly

3 large tomatoes (Hint 13, page 198).

Peel, then slice thinly

1 cucumber

1 Bermuda onion.

Combine, mixing well

½ cup Heinz Pure Cider Vinegar

½ teaspoon sugar

1 teaspoon salt

Dash of pepper.

Cut tomatoes into thick slices, then arrange in salad bowl with cucumber and onion. Pour the Vinegar dressing over top. Cover and chill 30 minutes or so. Serve from bowl at the table. (Serves 6)

HARVARD BEETS

Cook until tender

2 bunches beets.

Remove skins, then slice or dice.

Melt

2 tablespoons butter.

Add, blending well

2 tablespoons cornstarch

¾ teaspoon salt

¼ cup sugar

¾ cup water

¼ cup Heinz Pure Cider Vinegar.

Cook, stirring constantly, until thick and clear, then add the sliced beets.

Serve hot. If beets have cooled, heat them in the sauce for a few minutes before serving. (Serves 6)

CARROTS IN MUSHROOM SAUCE

Prepare

Quick Mushroom Sauce No. 2 (page 130).

Add, then heat thoroughly

2 cups diced freshly cooked carrots.

CAULIFLOWER WITH CHICKEN NOODLES

Break into flowerets

1 small head cauliflower.

Soak in cold water 30 minutes, then wash.

Heat

1 medium (16 oz.) can Heinz Chicken Noodle Soup

to boiling point, then add cauliflower. Cook, uncovered, until tender.

Add

2 tablespoons butter

Salt and pepper to taste.

Serve at once in vegetable dishes. (Serves 4)

Note:—*The Soup gives the cauliflower an unusually rich flavor.*

SWEET POTATOES, PENNSYLVANIA STYLE

Cook in boiling salted water until tender

6 medium sized sweet potatoes.

Peel, then cut lengthwise in halves.

Combine

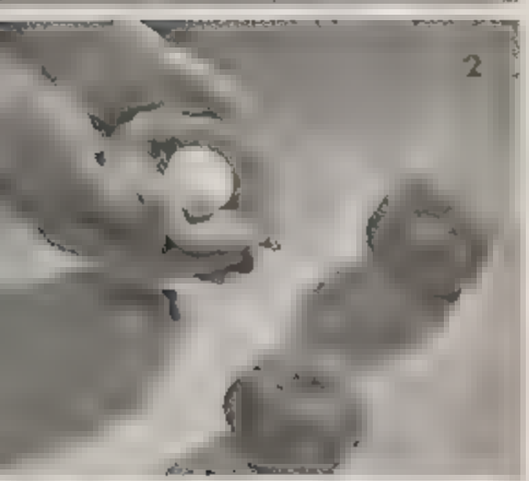
1 cup Heinz Rice Flakes, measured, then crushed

2 tablespoons butter, melted.

Dip potatoes in

Maple syrup.

Place in large flat pan. Pour enough syrup in pan to cover the bottom. Place under broiler, basting potatoes frequently until glazed. Sprinkle with buttered Rice Flakes. Continue broiling until Rice Flakes are golden brown. (Serves 6.



SWEET POTATO PUFFS

Combine, then mix thoroughly

2 cups cold cooked mashed sweet potatoes

1 egg yolk

½ teaspoon salt

2 tablespoons butter, melted.

Divide into six portions. Flatten each portion, then place a

Marshmallow

in center of each (Photo 1).

Pull potato up around marshmallow leaving small opening in top (Photo 2).

Crush very finely

2 cups Heinz Rice Flakes.

Combine Rice Flakes with

4 tablespoons butter, melted.

Roll sweet potato balls in buttered Rice Flakes, then place on a buttered cooky sheet (Photo 3). Bake in a hot oven (400°F.) 10 to 15 minutes. Arrange on platter (Photo 4). Serve at once. (Serves 6

Note: *Left-over cooked sweet potatoes may be used.*

CABBAGE WITH KETCHUP BUTTER SAUCE

Shred or slice

1 head cabbage.

Cook, uncovered, in boiling salted water 8 to 15 minutes, or just until tender. Drain thoroughly. Place in serving dish. Pour over top

Ketchup Butter Sauce (page 133).

The cooked cabbage may be placed in casserole, covered with Sauce, topped with bread crumbs, then browned in oven a few minutes.

BROCCOLI WITH HOLLANDAISE SAUCE

Wash

Broccoli.

Cook rapidly in boiling salted water, uncovered, 15 to 20 minutes, or until tender but not soft. Drain thoroughly. Place in serving dish, then pour over top

Hollandaise Sauce (page 132).

Serve at once.

STUFFED GREEN PEPPERS

Cut in halves, lengthwise

6 medium sized green peppers.

Remove seeds and fiber, then parboil 3 minutes.

Combine

2 cups cooked rice, salted

2 tablespoons butter (melted if cold rice is used)

¼ cup chopped celery

¼ cup Heinz Chili Sauce

¼ cup water.

Fill pepper shells with this mixture. Place in shallow baking pan, then pour in water to ½ inch in depth. Bake in a moderate oven (350 F.) about 40 minutes, or until peppers are tender. (Serves 6)

Note: *If used as a main course dish, add ½ cup chopped cooked meat or nut meats to the stuffing*

VEGETABLES

HASHED BROWN POTATOES

Slice thinly

2 large cold cooked potatoes.

Brown in small amount of

Fat.

When browned, add

3 tablespoons Heinz India Relish

2 tablespoons Heinz Tomato Ketchup.

Season to taste with

Salt and pepper.

(Serves 3)

BROILED CORN

Spread in a shallow baking pan

1 No. 2 can whole kernel corn, drained.

Sprinkle with

½ teaspoon salt.

Spread evenly over top

3 tablespoons Heinz Chili Sauce.

Cut into small pieces, then dot over Chili Sauce

2 strips bacon.

Place under broiler (375°F.) until bacon is crisp. (Serves 4)

SCALLOPED CABBAGE

Prepare

Quick Mushroom Sauce No. 2 (page 130).

Add

½ teaspoon salt

¼ teaspoon pepper.

Arrange in casserole alternate layers of sauce and

Parboiled sliced cabbage.

Top with

Heinz Rice Flakes, crushed, or buttered bread crumbs.

Bake in a moderate oven (350°F.) about 30 minutes. (Serves 4)

CORN PUDDING

Combine

1 No. 2 can cream style corn

2 eggs, slightly beaten

½ teaspoon salt.

Mix

1 cup Heinz Rice Flakes

3 tablespoons butter, melted

then stir into corn mixture. Pour into a well greased baking dish. Bake in a moderate oven (350° F.) 40 minutes. (Serves 4 to 5)

SUCCOTASH

Combine, then heat to boiling point

1 medium (17½ oz.) can Heinz Oven Baked Red Kidney Beans

1 No. 2 can whole kernel corn or 2½ cups boiled corn cut from cob.

Add

1 tablespoon butter

Salt and pepper to taste.

Serve piping hot in vegetable dishes. (Serves 4)

SCALLOPED POTATOES

Wash, pare, then slice

6 medium sized potatoes (about 1 qt. sliced).

Arrange potatoes in layers in casserole, sprinkling each layer with

Salt and pepper.

Pour over top

½ cup water.

Cover and bake in a hot oven (425°F.) 40 to 50 minutes.

Blend, then pour over potatoes

2 tablespoons flour

1 small (10 oz.) can Heinz Cream of Mushroom Soup.

Reduce heat to moderate oven 375 F. and continue baking, uncovered, 20 minutes. (Serves 6)

Salads

AND SALAD DRESSINGS

Nowadays a salad can be all things to practically all meals—appetizer, main dish, accompaniment to the meat course, a separate course following the roast, or a dessert.

Ingredients for salads should be well-chilled, crisp and appetizing. Greens should be washed, shaken as free of moisture as possible, then crisped in the refrigerator.

Vegetables and fruits must be well-drained. Meats, fish and cheese are more appetizing if cut into uniform cubes or "match sticks". Be careful not to over-garnish salads and never allow lettuce to hang over the edge of the plate, but let it make a pretty frill of green around the salad.

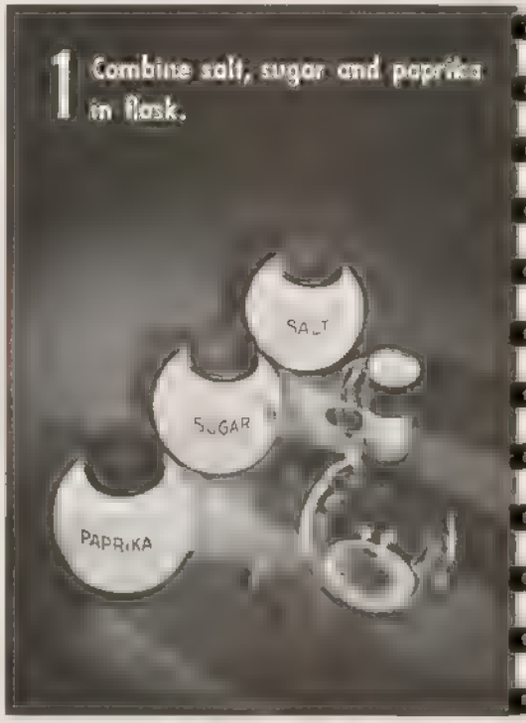
Basically, there are three principal types of salad dressings, each one capable of dozens of variations—as you will see from the accompanying charts which also suggest the dressing best suited to each particular salad.

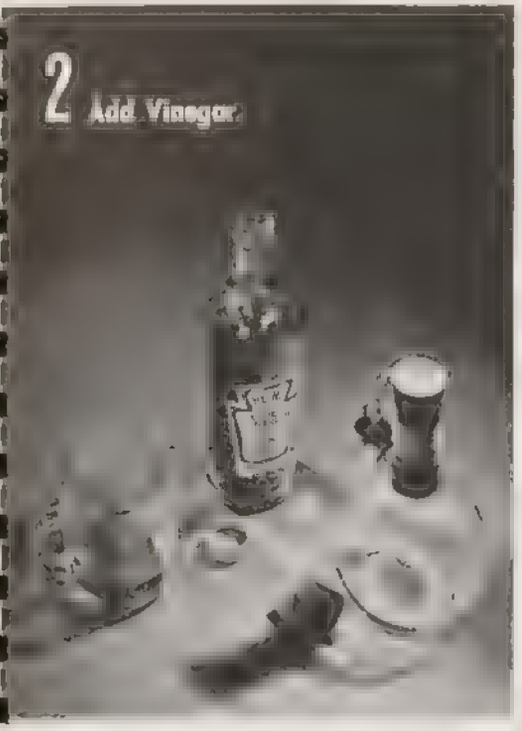
Remember that a fine, mellow vinegar is the heart and soul of a salad dressing. Keep all four of Heinz aged-in-the-wood vintage vinegars on hand: Heinz Pure Cider Vinegar, Malt, Tarragon and Distilled White Vinegar. The recipes on the next few pages indicate the right vinegar and the right proportions for all kinds of salad dressings.

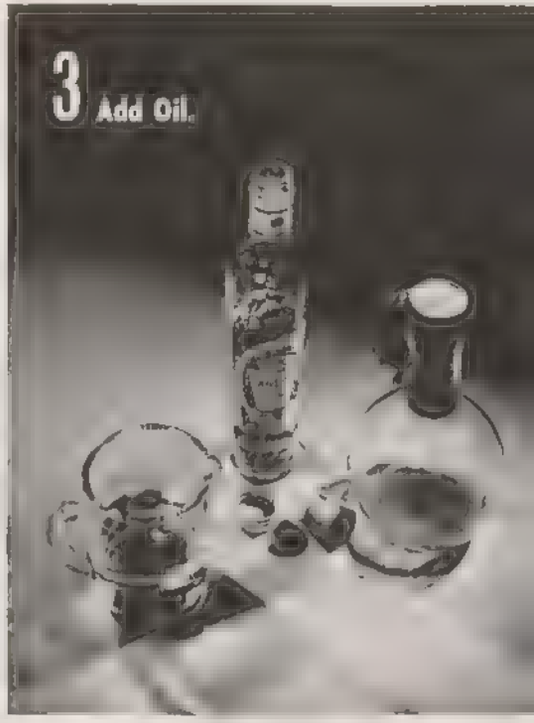
FRENCH DRESSING PREPARATION

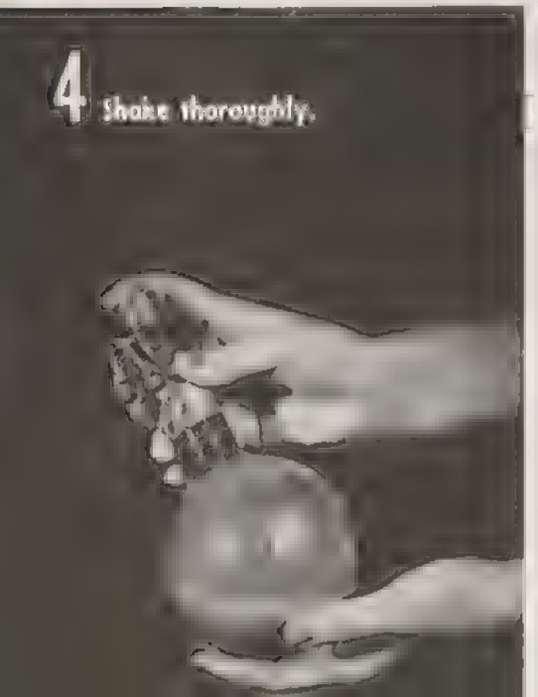
Ingredients

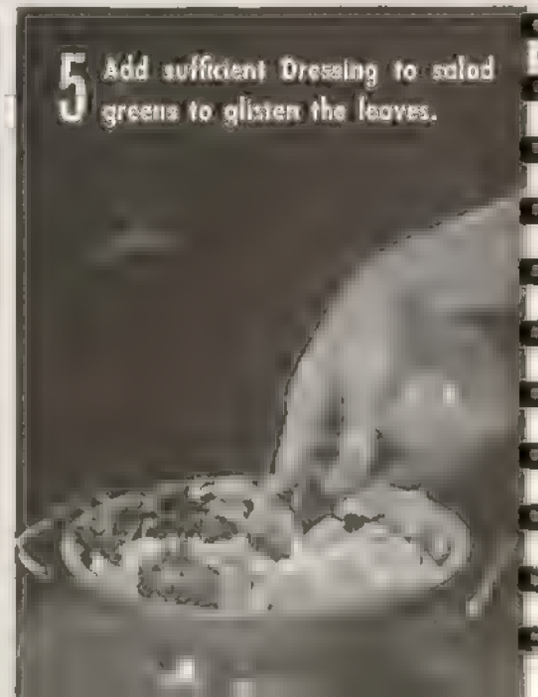
½ teaspoon salt
1 teaspoon sugar
¼ teaspoon paprika
¼ cup Heinz Pure Cider, Malt, Tarragon or Distilled White Vinegar
½ cup Heinz Pure Olive Oil.
Yields approximately ¾ cup.

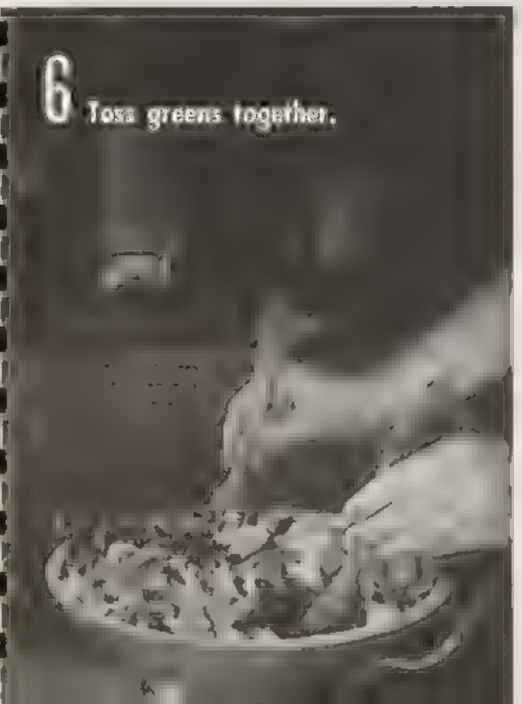












FIRST secret of successful saladry is a delicate and exacting blend of vinegars and oils. It takes limpid golden olive oil to give body to a spirited dressing. Thick, slow-pouring olive oil pressed from plump, ripened olives. And vinegars, too. Heinz-made vintage vinegars aged for long months in wood to bring out the mellow wine tang. Cider Vinegar, fresh and fruity flavored. Tarragon, a sparkling vinegar imbued with the pungent tarragon herb—golden brown Malt Vinegar, brewed from grains—crystal clear Distilled White Vinegar, full-flavored, with a lively bouquet all its own.

FRENCH DRESSING VARIATIONS

	SALADS THESE DRESSINGS ESPECIALLY GOOD WITH
Vegetable French Dressing **DIRECTIONS:** To cup foundation recipe add 2 tablespoons Heinz Tomato Ketchup, 2 tablespoons finely chopped celery, 2 tablespoons chopped green pepper, 1 teaspoon finely chopped onion, 1 small carrot, very thinly sliced.	Heart of Lettuce, p. 81 Boston Lettuce, p. 81
Club French Dressing **DIRECTIONS:** To foundation recipe add 3 tablespoons finely chopped onion, 1 tablespoon sugar, 3 tablespoons Heinz Tomato Ketchup, 1 tablespoon Heinz Worcestershire Sauce.	Star Salad Bowl, p. 90 Grapefruit Cocktail Salad, p. 78
Roquefort French Dressing **DIRECTIONS:** To foundation recipe add an additional ¾ teaspoon paprika and 1¼ oz. Roquefort cheese broken into small pieces.	Heart of Lettuce, p. 81 Mixed Vegetable Salad Bowl, p. 88
Chiffonade French Dressing **DIRECTIONS:** To foundation recipe add 2 tablespoons chopped parsley, 2 teaspoons chopped onion, 1 hard cooked egg, chopped, ¼ cup chopped cooked beets.	Mixed Salad Greens, Boston Lettuce, p. 81
Mellow French Dressing **DIRECTIONS:** In foundation recipe use only 2 tablespoons Vinegar. Substitute a light salad oil for Olive Oil. Add ¾ teaspoon paprika, 2 teaspoons sugar and 2 tablespoons orange or lemon juice or 1 of each.	Breath of Spring, p. 87 Pineapple Ring with Fresh Fruit, p. 84
Honey French Dressing **DIRECTIONS:** In foundation recipe use 1 tablespoon less Vinegar and add 1 tablespoon strained honey.	Fresh Fruit Salads, Avocado and Fruit, p. 82

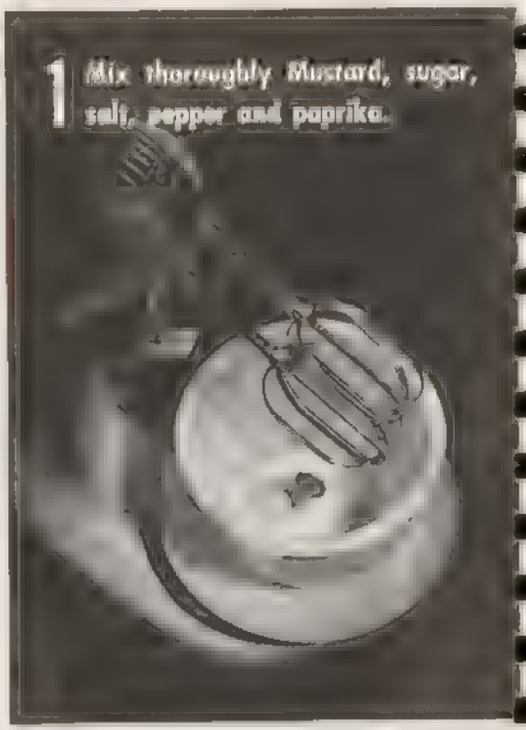
	SALADS THESE DRESSINGS ESPECIALLY GOOD WITH
Currant French Dressing **DIRECTIONS:** Beat 4 tablespoons Heinz Currant Jelly with fork until smooth. Add, beating until thoroughly blended, 2 tablespoons Heinz Pure Olive Oil, 1 tablespoon Heinz Distilled White Vinegar, pinch of salt and ½ teaspoon onion juice (Hint 28, page 200).	Fresh Fruit Salads, Grapefruit Cocktail Salad, p. 78
Ketchup Onion French Dressing **DIRECTIONS:** To foundation recipe add ½ teaspoon onion juice (Hint 28, page 200) or ¼ cup chopped Heinz Preserved Sweet Pickled Onions, and 1 tablespoon Heinz Tomato Ketchup.	Fresh Fruit Salads, Julienne Salad Bowl, p. 88
Horseradish French Dressing **DIRECTIONS:** Soak ½ teaspoon Heinz Evaporated Horseradish in 2 teaspoons cold water 5 minutes, then add to ¼ cup foundation recipe.	Julienne Salad Bowl, p. 88 Mixed Vegetable Salad Bowl, p. 88
Fruity French Dressing **DIRECTIONS:** In foundation recipe use 1 tablespoon less Vinegar and add 3 tablespoons pineapple juice, 3 tablespoons orange juice and 1 teaspoon sugar.	Avocado and Fruit, p. 82 Buffet Melon Salad Bowl, p. 86
Piquante French Dressing **DIRECTIONS:** To foundation recipe add ½ teaspoon Heinz Prepared Brown Mustard, ⅛ teaspoon Heinz Worcestershire Sauce, ½ teaspoon onion juice (Hint 28, page 200), and 2 drops tabasco.	Tomato Pinwheel, p. 80 French Endive in Lettuce Cup, p. 85
Tarragon French Dressing **DIRECTIONS:** In foundation recipe use Heinz Tarragon Vinegar. Add 1 hard cooked egg, finely chopped.	French Endive in Lettuce Cup, p. 85 Cubed Tomato, p. 83

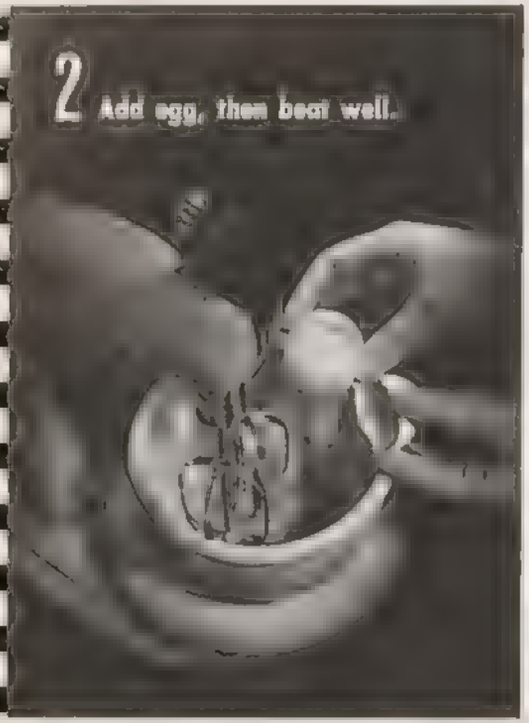
MAYONNAISE PREPARATION

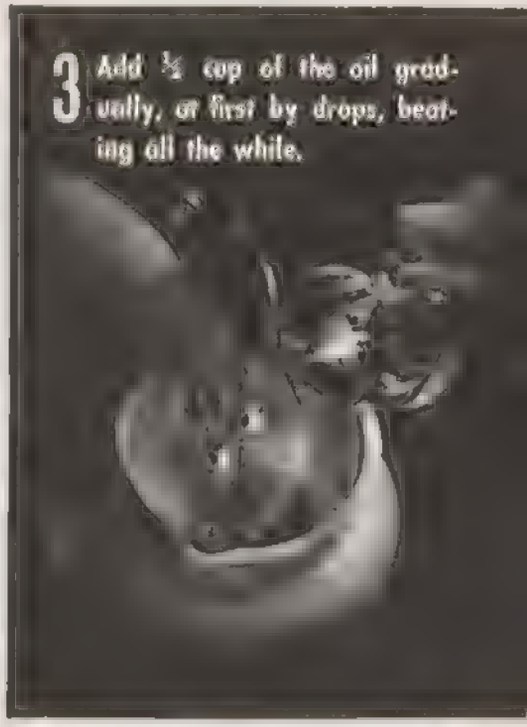
Ingredients

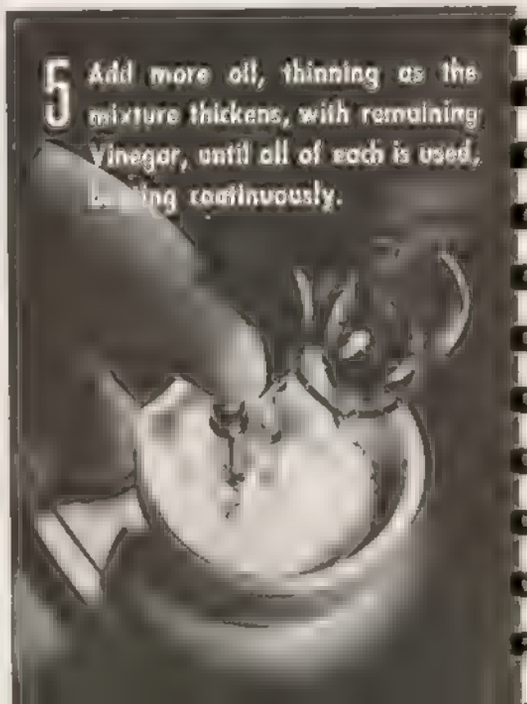
- 1 teaspoon Heinz Prepared Brown or Yellow Mustard
- ¼ teaspoon sugar
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon paprika
- 1 egg
- 2 cups salad oil
- 2½ tablespoons Heinz Pure Cider Vinegar.

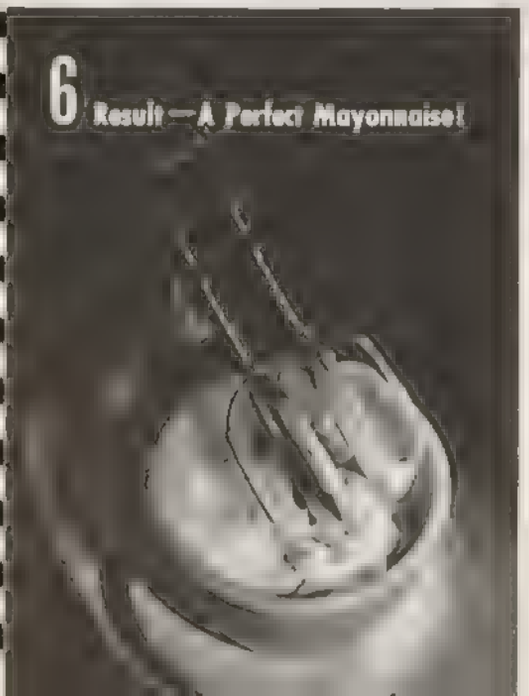
Yield- approximately 3 cups











TWIN taste thrills for smartly seasoned salads are Heinz Prepared Brown and Yellow Mustard. Here is a snappy brace of condiments—tart, full-bodied, velvet smooth. Use Heinz Prepared Yellow Mustard for light sharp snap. Prepared Brown Mustard for lusty, man-sized savor. A liberal amount of either imparts a lively touch of tang to a mild mannered mayonnaise.

MAYONNAISE VARIATIONS

	SALADS THESE DRESSINGS ESPECIALLY GOOD WITH
Creamy Mayonnaise Dressing **DIRECTIONS:** To 1 cup foundation recipe or Heinz Mayonnaise add 2 tablespoons thin cream, 2½ teaspoons Heinz Worcestershire Sauce, ¼ teaspoon salt, ½ teaspoon sugar, 1 tablespoon Heinz Pure Cider Vinegar. Keep in covered jar in refrigerator.	Head Lettuce Combine with shredded cabbage for cole slaw
Snappy Dressing **DIRECTIONS:** To 2 cups foundation recipe or Heinz Mayonnaise add 4 tablespoons Heinz Tomato Ketchup, 1 tablespoon Heinz Worcestershire Sauce and 2 drops Heinz Pepper Sauce.	Mixed Greens Head Lettuce
Celery Dressing **DIRECTIONS:** To 2 cups foundation recipe or Heinz Mayonnaise add ¼ cup finely chopped celery and 2 tablespoons chopped green pepper.	Heart of Lettuce, p. 81 Tomato Pinwheel, p. 80
Thousand Island Dressing **DIRECTIONS:** To 2 cups foundation recipe or Heinz Mayonnaise add ¼ cup Heinz Chili Sauce and 2 tablespoons each chopped green pepper and stuffed olives.	Head Lettuce Mixed Greens
Honey Fruit Mayonnaise **DIRECTIONS:** Whip 1 cup heavy cream until stiff. Combine ½ cup foundation recipe or Heinz Mayonnaise and 2 tablespoons strained honey, then fold in the cream	Banana and Peanut Butter, p. 91 Peach Cup, p. 103
Roquefort Dressing **DIRECTIONS:** To ¼ cup foundation recipe or Heinz Mayonnaise add 1¼ oz. Roquefort cheese, 3 tablespoons Heinz Chili Sauce. Chill	Head Lettuce Mixed Vegetable Salads

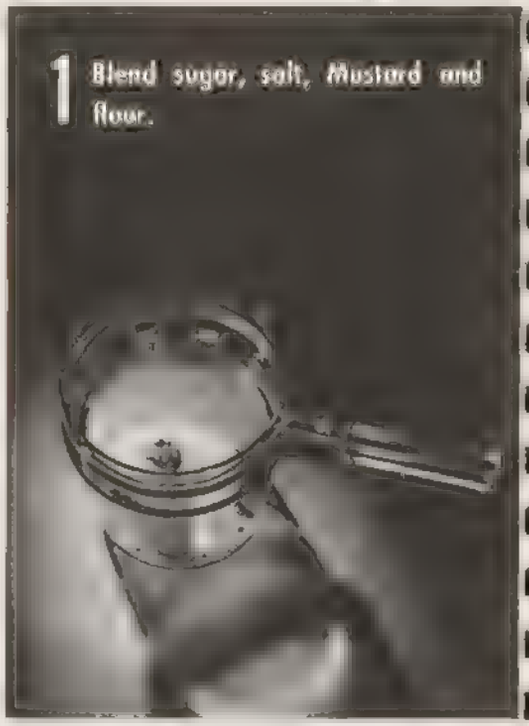
	SALADS THESE DRESSINGS ESPECIALLY GOOD WITH
Tartar Dressing **DIRECTIONS:** Soak 2 teaspoons Heinz Evaporated Horseradish in 4 teaspoons cold water 5 minutes. Combine with ½ cup foundation recipe or Heinz Mayonnaise, ¼ cup finely chopped Heinz Preserved Sweet or Sour Pickles, or Heinz India Relish, drained.	Golfers' Luncheon, p. 93 Fish Salads
Banana Peanut Butter Mayonnaise **DIRECTIONS:** To ¾ cup foundation recipe or Heinz Mayonnaise add 1 mashed ripe banana and 3 tablespoons Heinz Peanut Butter. If too thick, thin with light sweet cream.	Fruit Salad Platter, p. 89 Bridge Fruit, p. 103
Norwegian Dressing **DIRECTIONS:** To 2 cups foundation recipe or Heinz Mayonnaise add ¼ cup Heinz Sandwich Spread and 1 tablespoon capers.	Good on fish salads
Whipped Cream Mayonnaise Dressing **DIRECTIONS:** Fold into foundation recipe or Heinz Mayonnaise an equal amount of whipping cream, whipped.	Molded Pineapple and Cucumber, p. 83 Christmas Bell, p. 100
Pineapple Dressing **DIRECTIONS:** Whip ½ cup whipping cream until stiff. Fold in ½ cup foundation recipe or Heinz Mayonnaise and ½ cup drained canned shredded pineapple.	Pear Macaroon, p. 102 Bridge Fruit, p. 103
Russian Dressing **DIRECTIONS:** To 2 cups foundation recipe or Heinz Mayonnaise add ½ cup Heinz Chili Sauce. Chill thoroughly. For variation, add chopped hard cooked egg.	Heart of Lettuce, p. 81 Fluted Egg, p. 92

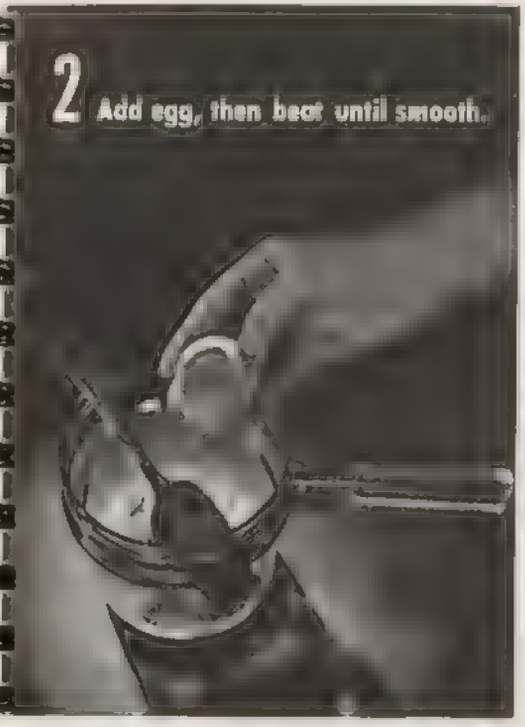
COOKED SALAD DRESSING PREPARATION

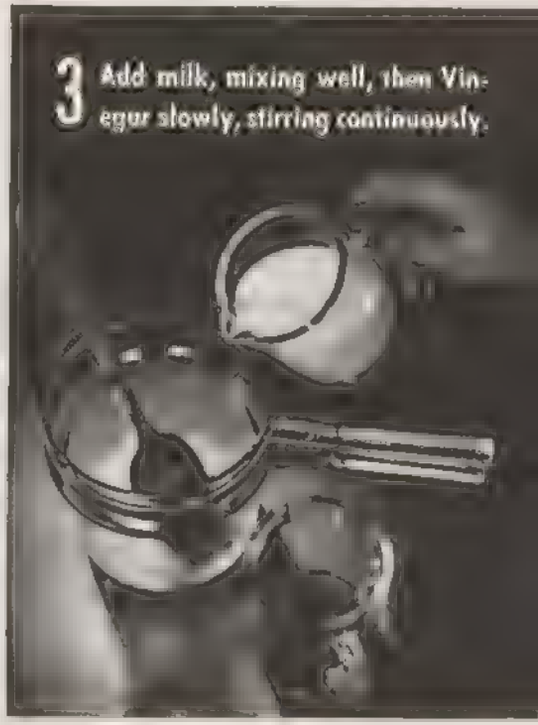
Ingredients

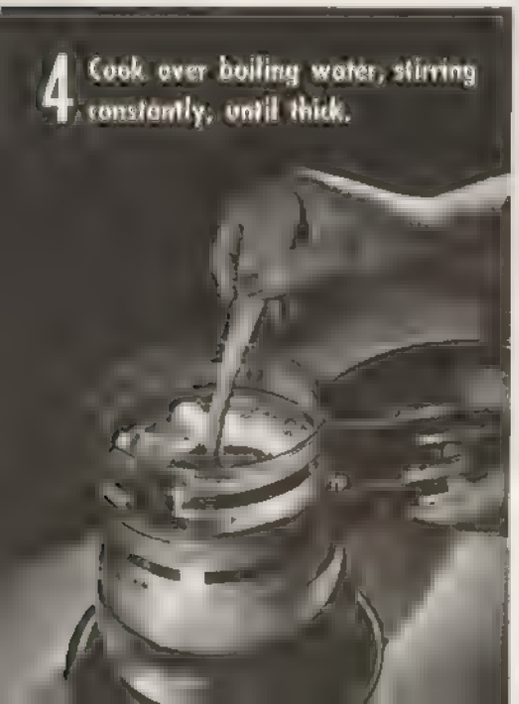
- 3 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon Heinz Prepared Brown or Yellow Mustard
- 1½ tablespoons flour
- 1 egg
- ¾ cup milk
- 4 tablespoons Heinz Pure Cider or Distilled White Vinegar
- 1 tablespoon butter.

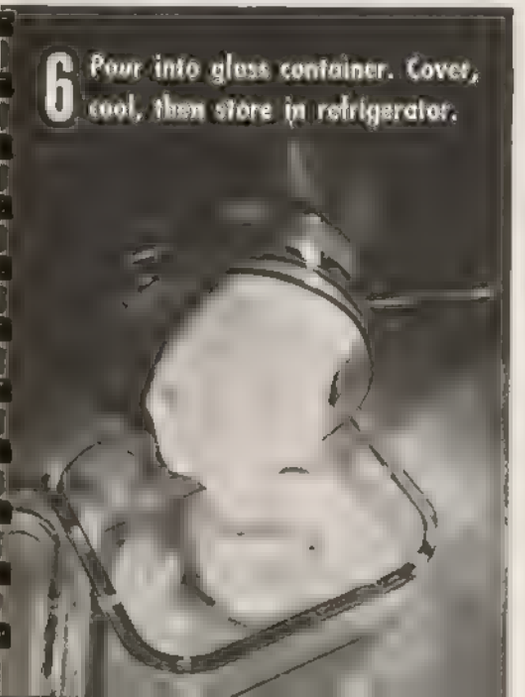
Yields approximately 1¼ cups.









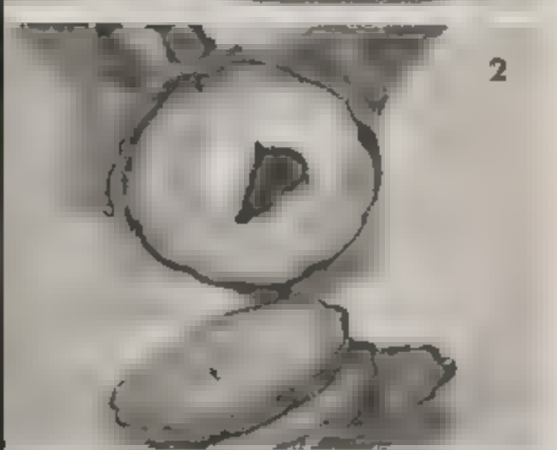


A SMOOTH, mellow cooked dressing perked up with condiments and spices for extra snap and savor. Follow this formula and serve at once. Or take this thrifty tip—to save time and trouble, double the recipe given here, use a portion, and tuck the leavings away in the refrigerator until needed for another salad. It is guaranteed to keep fresh and full-flavored for days in a covered glass container. For a little variation in the salad scheme try adding other ingredients to this standard recipe. Merge it with Heinz Sandwich Spread, Prepared Yellow Mustard, Peanut Butter, chopped Gherkins or India Relish, and fruit juices.

COOKED SALAD DRESSING VARIATIONS

	SALADS THESE DRESSINGS ESPECIALLY GOOD WITH
Cooked Fruit Salad Dressing **DIRECTIONS:** Combine, blending thoroughly after each addition, ¼ cup sugar, ½ teaspoon salt, 1½ tablespoons flour, 1 egg, ¾ cup pineapple juice or ½ cup pineapple juice and ¼ cup orange juice, and 2 tablespoons Heinz Pure Cider Vinegar. Cook, stirring constantly, until very thick. Cool.	Fruit Salad Dessert Molds, p. 101 Bridge Fruit, p. 103
Calcutta Dressing **DIRECTIONS:** When preparing foundation recipe mix ⅛ teaspoon curry powder with other dry foundation ingredients. When dressing is cool add ¼ cup Heinz Sandwich Spread.	Heart of Lettuce, p. 81 Meat or Chicken Salads
Whipped Cream Dressing **DIRECTIONS:** Whip until stiff, ¾ cup cream, then fold into foundation recipe or recipe for Cooked Fruit Salad Dressing (above), when cool.	Mixed Fruit Salads
Creamy Vegetable Dressing **DIRECTIONS:** To foundation recipe, when cool, add ¼ cup finely diced celery, ¼ cup finely diced carrots and ¼ cup finely diced green pepper.	Head Lettuce Tomato Pinwheel, p. 80
California Dressing **DIRECTIONS:** To foundation recipe, when cool, add 1 doz. Heinz Ripe Mission Olives sliced from stone, and ¼ cup Heinz Chili Sauce.	Lettuce Salad Mixed Vegetable Salad Bowl, p. 88
Manhattan Dressing **DIRECTIONS:** To foundation recipe, when cool, add ½ cup Heinz Sandwich Spread.	Fish, vegetable, egg and meat salads

	SALADS THESE DRESSINGS ESPECIALLY GOOD WITH
Peanut Butter Dressing **DIRECTIONS:** To foundation recipe, when cool, add 4 tablespoons Heinz Peanut Butter.	Mixed fruit or vegetable salads
Savory Dressing **DIRECTIONS:** To foundation recipe, when cool, add ¼ cup Heinz India Relish.	Fish, meat and egg salads
Sweet Pickle Dressing **DIRECTIONS:** In foundation recipe decrease sugar to 2 tablespoons and for Heinz Cider Vinegar use an equal amount of liquid from Heinz Preserved Sweet Pickles. When cool, add ½ cup of the Pickles, finely diced.	Fruit Salads Banana and Peanut Butter, p. 94
Pimolo Dressing **DIRECTIONS:** To foundation recipe, when cool, add 1 hard cooked egg, finely chopped, 1 pimiento, chopped, 2 tablespoons chopped Heinz Preserved Sour Gherkins.	Garden Lettuce Cucumber Slices
Fluffy Dressing **DIRECTIONS:** When preparing foundation recipe separate the egg, using the yolk as directed. When dressing is cool, fold in the stiffly beaten egg white.	For combination fresh fruit or molded fruit salads
Cole Slaw Dressing **DIRECTIONS:** To foundation recipe, when cool, add 2 tablespoons Heinz Prepared Yellow Mustard.	Combine with shredded cabbage or a mixture of shredded vegetables
Cucumber Dressing **DIRECTIONS:** To foundation recipe, when cool, add ¾ cup finely diced cucumber and ½ teaspoon celery seed.	Tomato Salads Cabbage Salads



2

MELON COCKTAIL SALAD

Boil together 5 minutes

1 cup sugar

1½ cups water

1 tablespoon lemon juice

2 tablespoons Heinz Pure Cider Vinegar

1 teaspoon ginger.

Strain, cool, then pour over

16 watermelon balls

16 honeydew balls.

Chill 2 to 4 hours.

Cut into ½ inch slices

1 large chilled cantaloupe (Photo 1).

Peel slices of cantaloupe (Photo 2). Place a slice on each plate, then cut slice open and spread apart slightly. Fill circle with melon balls (Photo 3). Surround with mint leaves and place at opening a small cluster of

Morocco grapes (Photo 4).

Serve at once. (Serves 4)

Note:—Balls may be served in sherbet glasses with syrup poured over top as a melon cocktail.

4

CRAB MEAT IN LEMON RINGS

Combine, then let stand 5 minutes

1½ tablespoons plain gelatin

¾ cup cold water.

Add

¼ cup sugar

¼ teaspoon salt

1½ cups boiling water.

Stir until gelatin is dissolved.

Cool, then add

⅓ cup lemon juice.

Pour into individual ring molds and chill until firm. Unmold on individual plates. Fill center of each with

Flaked crab meat, or shrimps.

Garnish rings with

Chicory or watercress.

Top with

Sea Food Cocktail Sauce (page 131).

Serve at once. (Makes 5 half cup molds)

FRUIT SECTIONS WITH CURRANT FRENCH DRESSING

Cover center of small salad plate with

Watercress or curly endive sprigs.

Top with sections of

Grapefruit

Orange

Avocado

Apple.

Sprinkle just before serving with

Currant French Dressing (page 67)

or Mellow French Dressing (page 66).

Note:—*Chilled fruits and greens may be used, or unchilled fruits and greens may be arranged, then placed in refrigerator to chill, placing dressing on just before serving.*

EGG AND ANCHOVY SALAD

Hard cook

3 eggs.

Cut eggs in halves, then remove and mash yolks.

Combine yolks with

1 tablespoon finely chopped celery
8 anchovies, minced
⅛ teaspoon paprika
Dash of black pepper
½ teaspoon Heinz Pure Cider Vinegar
2 teaspoons Heinz Mayonnaise.

Prepare

1 tablespoon finely diced pimiento.

Refill egg whites with egg yolk mixture, then arrange on watercress or shredded lettuce on very small salad plates, using one-half egg per serving. Sprinkle with pimiento and garnish each salad with slices of Heinz Cross Cut Sweet Pickles. (Serves 6)

GRAPEFRUIT COCKTAIL SALAD

Cut in halves and remove core from

Grapefruit.

Cut pulp loose from skin and membrane walls. Chill.

Prepare

Club French Dressing (page 66).

Just before serving pour 1 teaspoon dressing over each half. Surround with watercress. Place a preserved cherry or sprig of parsley in center.

INGLAGT SALAD

Combine, then let stand overnight

1 cup shredded pickled herring
½ cup onion rings
Liquor from Heinz Preserved Sweet Pickles sufficient to cover.

Line small salad plates with watercress or lettuce. Drain herring mixture, then serve a small mound in center of each plate.

SHRIMP COCKTAIL SALAD

Line small deep salad plates or shallow dessert saucers with

Iceberg or Boston lettuce.

Place in center

3 to 5 shrimps, well chilled.

Pour over shrimps

Sea Food Cocktail Sauce (page 131).

Serve at once on service plate.

Note:—If fresh shrimps are used, prepare according to directions given in recipe for Macaroni, Shrimp and Tomato Casserole (page 32).

AVOCADO ASPIC SALAD

Prepare

Tomato Aspic

as given in recipe for Tart Tomato Salad (page 85), omitting the vegetables. Pour into tiny molds or large dish. Chill until firm.

Peel

1 avocado

then cut in halves crosswise (Photo 1, page 82).

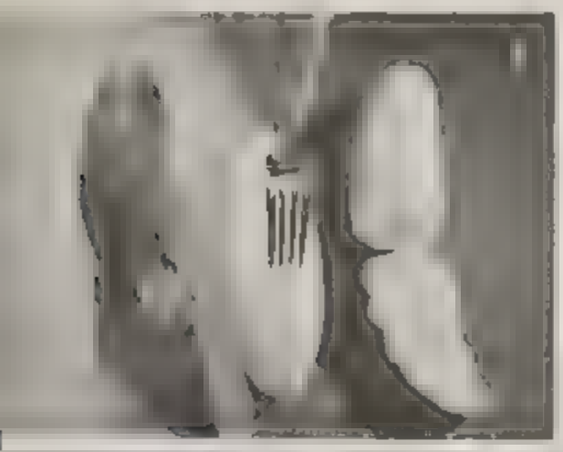
Slice avocado into ¼ inch rings, then arrange a ring on small salad plate. Place a mold of aspic in center or fill with spoonfuls of it.

ANTIPASTO SALAD

Line a platter or individual salad plates with leaves of lettuce or other salad greens. Arrange any desired combinations of the following:

Heinz Ripe Mission Olives, Heinz Preserved Sweet Gherkins, anchovies, sardines, celery hearts, radishes, slices of pickled beets, tomatoes, cucumber and onion, capers, scallions, cole slaw, salami.

Sprinkle antipasto with Heinz Pure Olive Oil and Heinz Pure Cider Vinegar before serving, or serve Oil and Vinegar so each may season antipasto to suit himself.



TOMATO PINWHEEL SALAD

Skin, then chill thoroughly

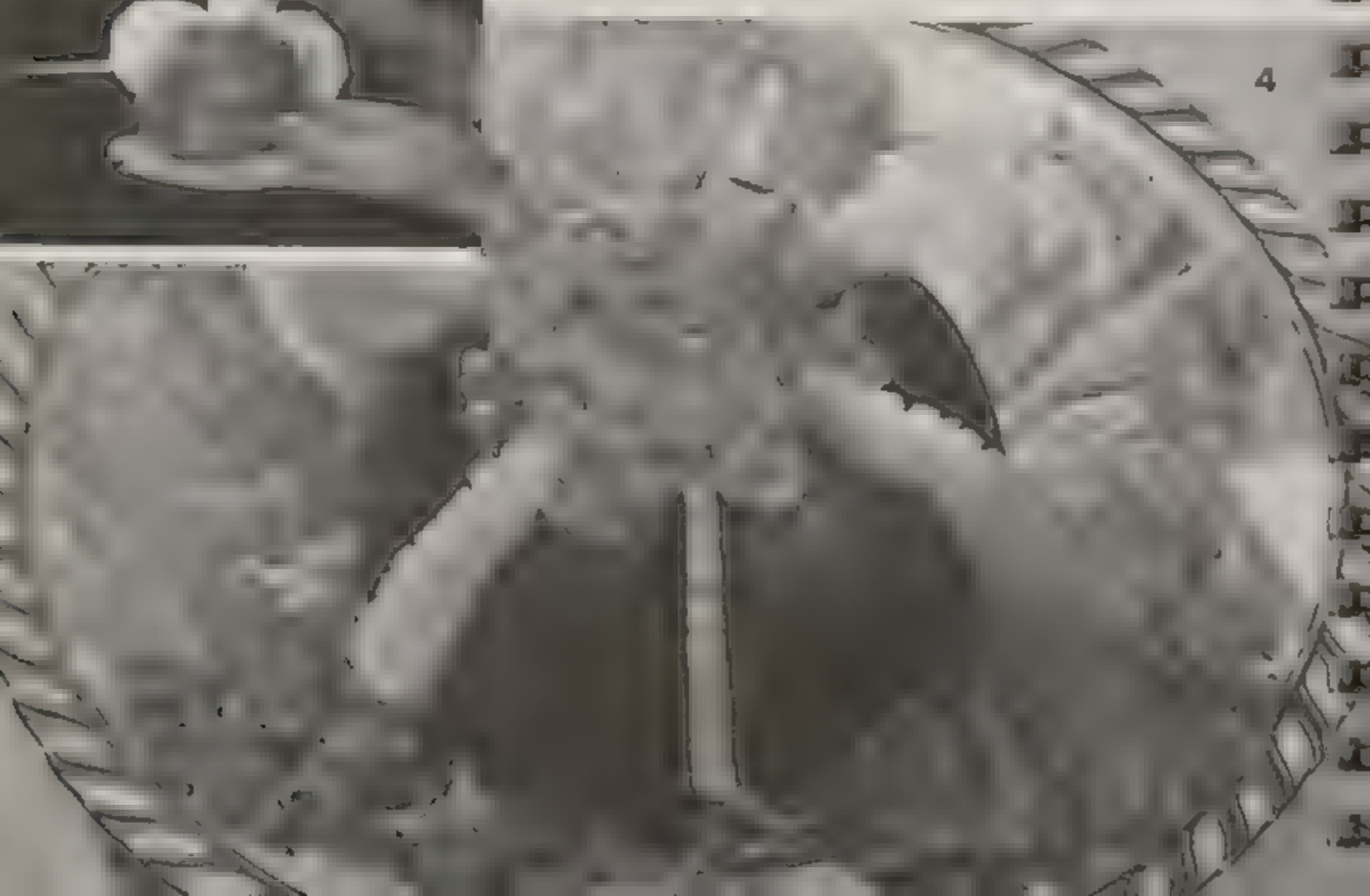
6 medium sized firm but ripe tomatoes (Hint 13, page 198).

Pare

2 chilled cucumbers.

Score cucumbers lengthwise with prongs of fork to make a fluted edge, then cut crosswise into thin slices (Photo 1). Make 3-4 cuts in each tomato from top almost to bottom, being careful not to sever the sections (Photo 2). Insert a slice of cucumber in each section of tomato (Photo 3). Arrange on leaves of lettuce and top with Tartar Dressing (page 71) or Heinz Sandwich Spread as illustrated in Photo 4.

Note:—Slices of hard cooked egg may be used instead of cucumber.



HEART OF LETTUCE SALAD

Form cups from better outer leaves of

Iceberg lettuce.

Cut head into 4 to 6 wedge shaped pieces, then arrange a wedge in each cup of lettuce. Make one to two lengthwise, then crosswise cuts almost through the wedges to make cutting of salad with fork easier.

Top with one of the following:

Roquefort French Dressing (page 66)

Russian Dressing (page 71)

Vegetable French Dressing (page 66)

Calcutta Dressing (page 74).

BOSTON LETTUCE SALAD

Arrange on individual salad plates tender leaves of

Boston lettuce.

Sprinkle with

Watercress, chopped

Mint leaves, chopped.

Serve over salad

French Dressing (page 64).

CABBAGE AND CUCUMBER PICKLE SALAD

Combine and mix thoroughly

2 cups shredded cabbage

1 cup shredded carrots

½ cup (1 medium) chopped green pepper

1 tablespoon finely chopped onion

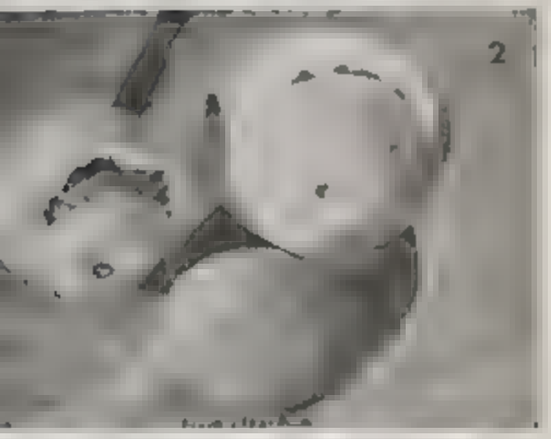
⅓ cup (12 slices) chopped Heinz Fresh Cucumber Pickle

1 teaspoon sugar

½ teaspoon salt

4 tablespoons Heinz Mayonnaise.

Serve in cups of lettuce arranged on a salad platter or on individual salad plates. (Serves 6)



AVOCADO AND FRUIT SALAD

Peel

1 avocado, chilled.

Cut in halves crosswise, then into thin slices, cutting each slice in half (Photo 1).

Peel

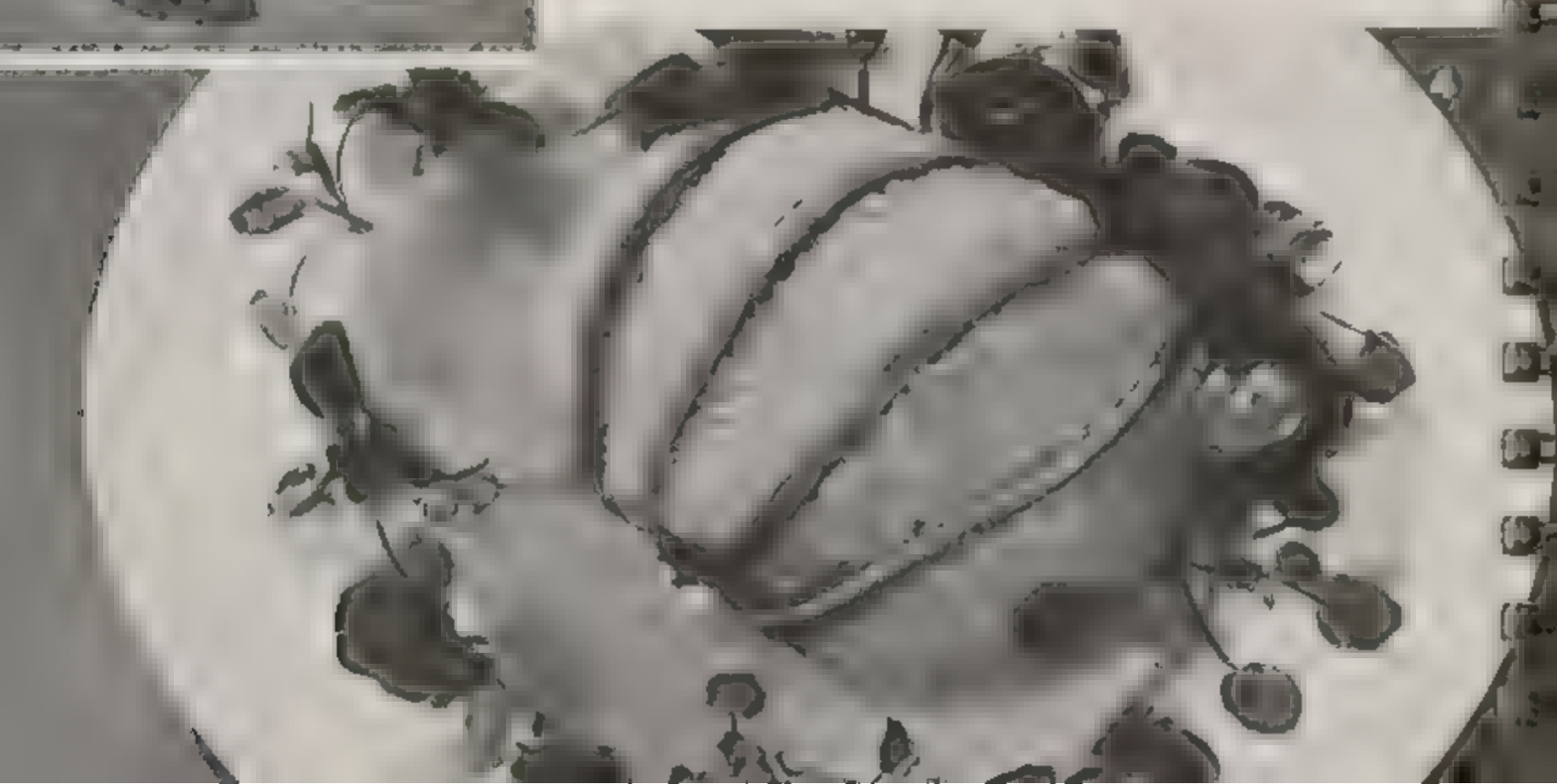
1 to 2 grapefruits, chilled

2 to 3 seedless oranges, chilled

with sharp paring knife (Photo 2).

Remove segments of grapefruit and slice oranges crosswise (Photo 3). Cut slices of orange in halves. First arrange grapefruit and avocado sections alternately on individual salad plates, then arrange three half slices of orange as illustrated in photo 4. Surround with sprigs of watercress and garnish with Heinz Ripe Mission Olives (Photo 4). Serve with French Dressing (page 64) or with Honey or Fruity French Dressing (pages 66-67). (Serves 5 to 6)

Note:—*Salads may be arranged and placed in refrigerator several hours ahead of serving time. Use small salad plates to conserve refrigerator space.*



CUBED TOMATO SALAD

Skin, then chill

6 medium sized tomatoes (Hint 13, page 198).

Combine, mixing thoroughly

1 cup chopped celery (Hint 3, page 196)

or shredded cabbage

1 cup diced cucumber

1 small onion, chopped (Hint 30, page 200)

1 teaspoon sugar

1 teaspoon salt.

Add, sufficient to moisten

French Dressing (page 64)

or

Tarragon French Dressing (page 67).

Cube tomato (Hint 15, page 198). Place each in a cup of lettuce, separating the tomato sections slightly. Sprinkle with salt. Pile vegetable mixture high on top of tomatoes, then top with Heinz Mayonnaise.

MOLDED PINEAPPLE AND CUCUMBER SALAD

Combine, then let stand 5 minutes

1½ tablespoons plain gelatin

¼ cup cold water.

Add, blending well

1 cup hot water

¼ cup sugar

½ teaspoon salt

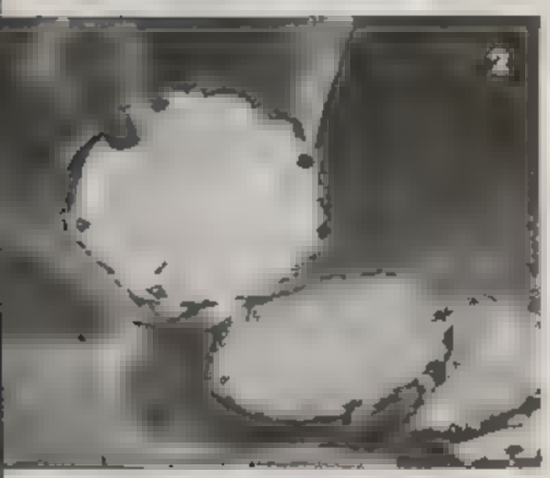
3 tablespoons Heinz Pure Cider Vinegar.

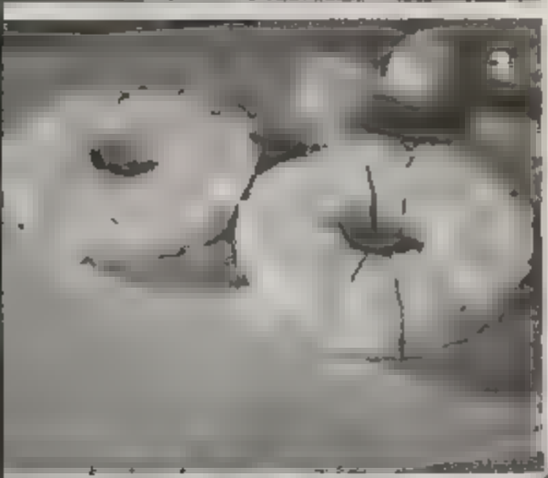
Cool until mixture begins to congeal, then add

1 cup diced cucumber

1 cup canned shredded pineapple.

Pour into individual molds and chill until firm. Unmold on nests of lettuce and garnish with Whipped Cream Mayonnaise Dressing (page 71). Sprinkle with paprika. (5 to 6 molds)





PINEAPPLE RING WITH FRESH FRUITS

Cut into ½ inch slices

1 fresh pineapple (Photo 1)

then peel (Photo 2).

Pare with sharp knife

3 oranges

1 grapefruit (Photo 2, page 82)

then section (Hint 1, page 196).

Peel, slice and cube

1 avocado.

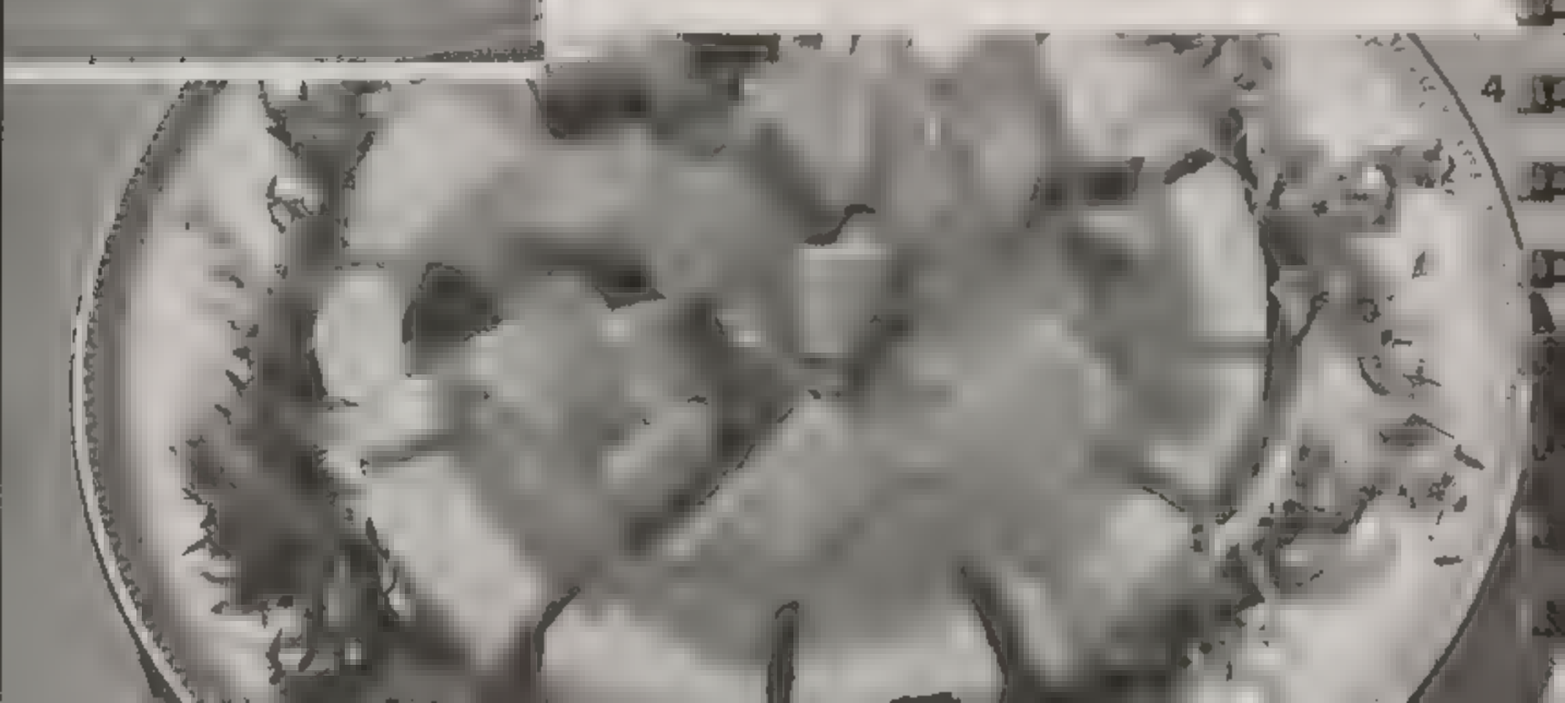
Marinate orange, grapefruit and avocado in

Mellow French Dressing (page 66).

Cut core from pineapple slices, then cut each ring into 12 sections (Photo 3). Arrange one cut ring of pineapple on each individual salad plate, separating sections slightly. Top with marinated fruit, then surround with curly endive (Photo 4). (Serves 6)

Notes: *1. All fruits may be prepared several hours in advance and arranged just before serving. Or salad may be arranged on small salad plates and stored in refrigerator.*

2. This also makes an excellent party salad.



TART TOMATO SALAD

Combine, then let stand 5 minutes

1½ tablespoons plain gelatin

⅓ cup cold water.

Combine

2 cups Heinz Tomato Juice

1 medium sized onion, sliced

1 stalk celery

3 sprigs parsley

2 tablespoons Heinz Pure Cider Vinegar

4 whole cloves

2 to 3 teaspoons sugar

½ teaspoon salt

¼ teaspoon Heinz Pepper Sauce.

Simmer, covered, 15 minutes, then strain. Pour over gelatin and stir until gelatin is dissolved. Chill until partially congealed, then add

2 cups chopped mixed fresh vegetables.

Pour into individual ring molds or 1 large ring mold and chill until firm. Unmold onto escarole or endive. Garnish with Heinz Mayonnaise, placing the Mayonnaise in center of ring. (5 to 6 individual molds)

Note:—1 cup Heinz Consommé may be substituted for 1 cup of Juice.

FRENCH ENDIVE IN LETTUCE CUPS

Wash, then cut crosswise

French endive.

Mound in cups of

Lettuce.

Garnish tops with bits of

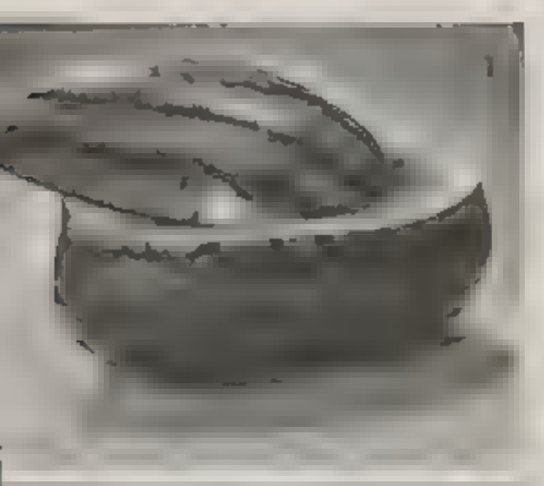
Pimiento or sweet red pepper

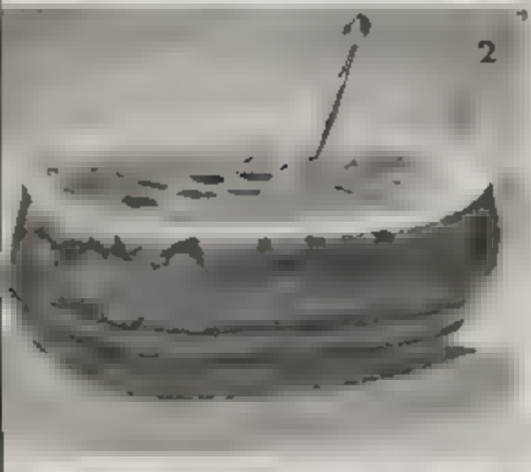
Heinz Ripe Mission Olives.

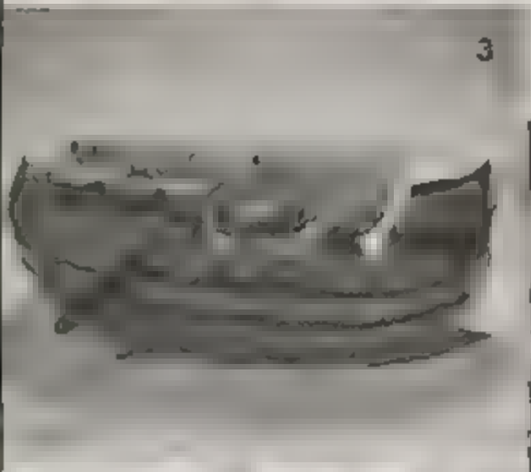
Sprinkle over salad

Tarragon French Dressing (page 67).

Note:—If necessary, soak endive in cold water, then drain before cutting.







BUFFET MELON SALAD BOWL

Cut slice lengthwise from chilled

Watermelon (Photo 1).

Remove pulp with French vegetable cutter from the watermelon (Photo 2), then from

2 large chilled cantaloupes

1 chilled honeydew melon.

Marinate balls for a few minutes in

Fruity French Dressing (page 67).

Cut around top of watermelon shell in sawtooth fashion (Photo 3), then place shell on large tray. Fill with marinated melon balls, then surround shell with ferns and flowers (Photo 4). Place at one side or end of buffet table. Place large salad spoon and fork beside the tray. This decorative salad bowl will serve as the table decoration, also. (Serves 12)

ITALIAN SALAD BOWL

Julienne the following (to julienne, see Hint 20, page 199):

1 lb. lean boiled beef

½ lb. boiled ham

¼ lb. boiled tongue

2 celery hearts

1 medium raw carrot

1 green pepper.

Combine meats and vegetables, then add

1 onion, sliced

Few sprigs watercress, chopped

Few sprigs parsley, chopped.

Season with

Salt and pepper

then moisten with

French Dressing (page 64)

to which has been added

2 teaspoons Heinz Prepared Yellow Mustard.

Let stand 8 to 12 hours. Mound in salad bowl. (Serves 8 to 10)

BREATH OF SPRING SALAD BOWL

Cut crosswise into ½ inch pieces

1 head French endive

1 head romaine.

Separate into small pieces

1 head curly endive.

Prepare

1 cup fresh pineapple wedges

Mellow French Dressing (page 66).

Chill greens and pineapple, then combine in salad bowl. Arrange sprigs of watercress over top. Dot with thin slices of red radishes. Serve from bowl at the table on individual salad plates and pass the dressing. (Serves 4)

MIXED VEGETABLE SALAD BOWL

Place in wooden salad bowl

1 head lettuce.

Cut into one-inch cubes. Separate, spreading over salad bowl.

Arrange over lettuce

Tomato wedges

Cucumber slices

Green pepper rings

Cauliflower flowerets

Onion rings or scallions.

Garnish here and there with

Sprigs of watercress

Heinz Ripe Mission Olives.

At the table sprinkle with French Dressing (page 64) or with Roquefort French or Horseradish French Dressing (pages 66-67). Toss vegetables together lightly, then serve.

JULIENNE VEGETABLE SALAD BOWL

Julienne the following amounts of vegetables:

(to julienne vegetables see Hint 20, page 199)

1 cup cabbage

1 cup carrots

½ cup green pepper

¼ cup red or white radishes.

Rub salad bowl with

Garlic.

Line bowl with

Curly endive

or

Shredded lettuce (Hint 16, page 198).

Arrange mounds of the vegetables in the bowl. At the table sprinkle Piquante French or Ketchup Onion French Dressing (page 67) over top and toss together well. (Serves 6)

LARGE FRUIT SALAD PLATTER

Prepare an assortment of fruits, such as

2 to 3 bananas, cut lengthwise
1 red apple, cut in thin wedges
1 cup Bing cherries, fresh or canned
½ pt. strawberries with stems, or red raspberries
4 to 6 thin semi-circles of fresh or canned pineapple
1 large orange, sliced
1 grapefruit, sectioned (Hint 1, page 196).

Sprinkle banana and apple with lemon or pineapple juice to prevent discoloration. Line a deep platter or a shallow salad bowl with watercress, curly endive, or escarole (Hint 16, page 198). Arrange each of the fruits in a separate group, making a pleasing balance of color and shapes. The apple wedges may be used to separate the grapefruit sections. In serving, see that each individual salad receives a portion of each fruit. Pass Honey French or Mellow French Dressing (page 66). (Serves 10 to 12)

CHICKEN AND FRUIT SALAD BOWL

Cook

1—4 lb. chicken

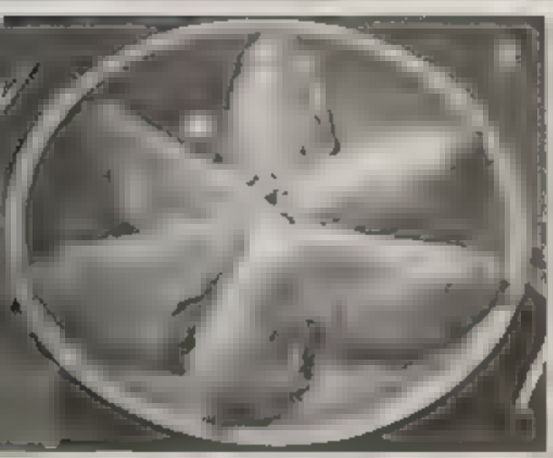
adding salt to chicken broth to taste when chicken is about half done. Cool, then separate meat from bones. Cut meat into narrow strips.

Prepare

1½ cups seedless grapes
2 oranges, peeled and sectioned
½ cup chopped blanched almonds
French Dressing (page 64).

Cover salad bowl with shredded lettuce (Hint 16, page 198). Arrange chicken over lettuce, then sprinkle with nuts. Arrange grapes over half of top, and orange sections over the other half. Serve salad bowl at the table. Pass the French Dressing. (Serves 4 to 6)

Note:—*Heinz Mayonnaise may be substituted for French Dressing, spreading a thin layer over chicken before sprinkling with nuts.*



STAR SALAD

Remove any bruised leaves from

Head lettuce.

Place lettuce, stem end down, on board, then holding together with hand, cut into six equal sections (Photo 1). Hold together and place in wooden salad bowl, then arrange sections in star fashion (Photo 2). Place between sections

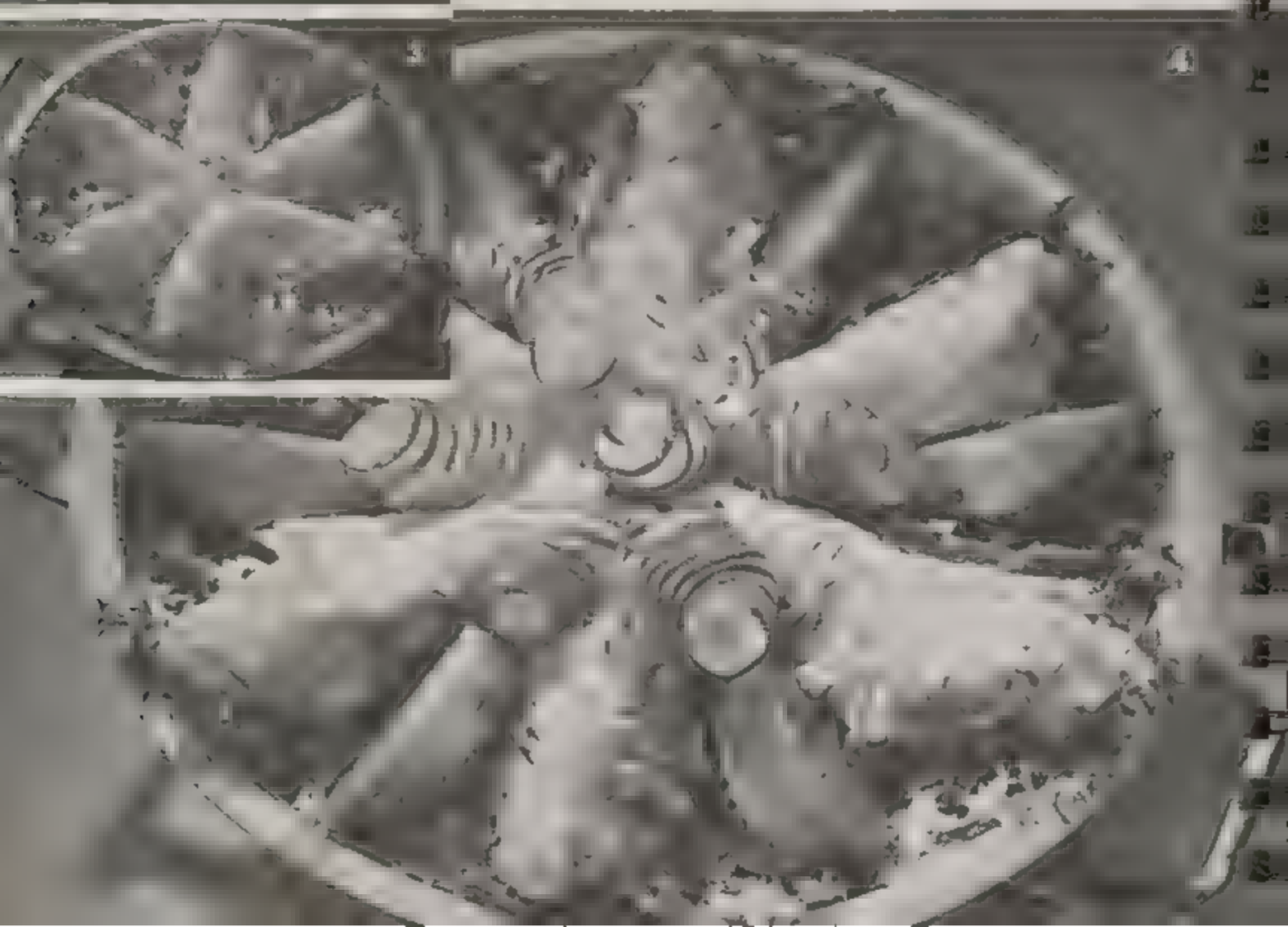
Curly endive (Photo 3).

Prepare

Tomato wedges

Radish curls (Hint 23, page 199).

Arrange wedges of tomato and radish curls on endive between sections of lettuce (Photo 4). Serve with French Dressing (p. 64). (Serves 6)



PIMIENTO OLIVE SALAD

Hard cook

4 eggs.

Combine

¼ cup chopped Heinz Ripe Mission Olives (Hint 11, page 198)

¼ cup chopped pimiento

¼ cup chopped celery (Hint 3, page 196)

2 tablespoons chopped green pepper

½ teaspoon salt.

Arrange leaves of lettuce on individual salad plates, then slice one egg into each. Top with Olive mixture. Serve Heinz Mayonnaise. (Serves 4)

CHICKEN SALAD

Combine, mixing thoroughly

2 to 3 cups chopped cold cooked chicken (1 – 4 lb. chicken)

2 cups chopped celery (Hint 3, page 196)

½ cup (18 slices) Heinz Cross Cut Sweet Pickles

1 teaspoon salt

2 hard cooked eggs, sliced (Hint 5, page 196)

Heinz Mayonnaise to moisten.

Mound in salad bowl on bed of lettuce. Cover top with Heinz Mayonnaise. Garnish with capers and slices of hard cooked egg. (Serves 6)

TOMATO WITH MEAT SALAD TOPPING

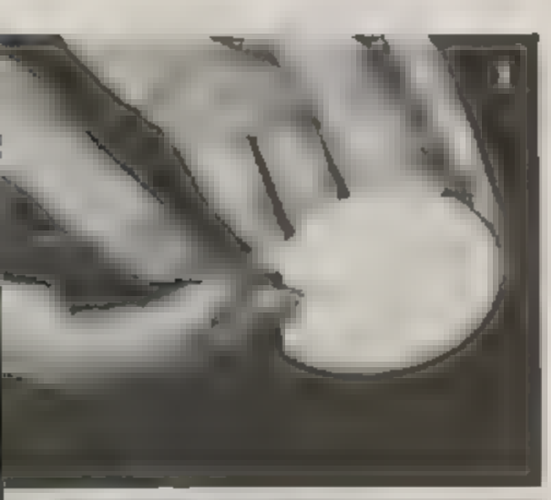
Skin, then chill

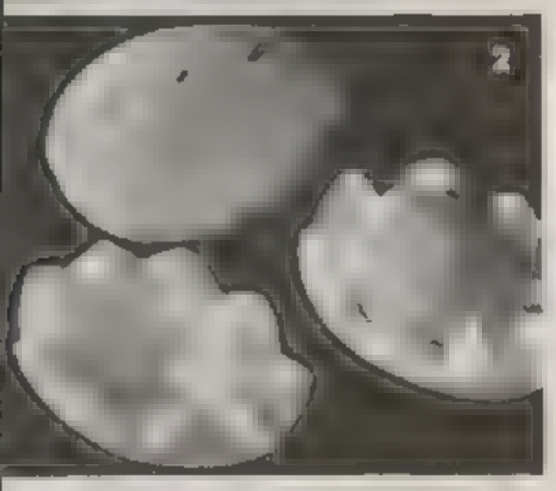
6 medium sized tomatoes (Hint 13, page 198).

Prepare one-half of recipe for

Mock Chicken Salad (page 97).

Place each tomato, stem end down, in a cup shaped leaf of lettuce. With a very sharp knife, cut the tomato within about ½ inch of the bottom, dividing into 10 or 12 sections. Pull sections gently apart and top with the meat salad. Garnish with watercress and Heinz Mayonnaise.





FLUTED EGG SALAD

Hard cook

6 eggs.

Flute eggs by cutting with end of paring knife in sawtooth fashion around egg, cutting through to yolk (Photos 1 and 2).

Remove and mash egg yolks.

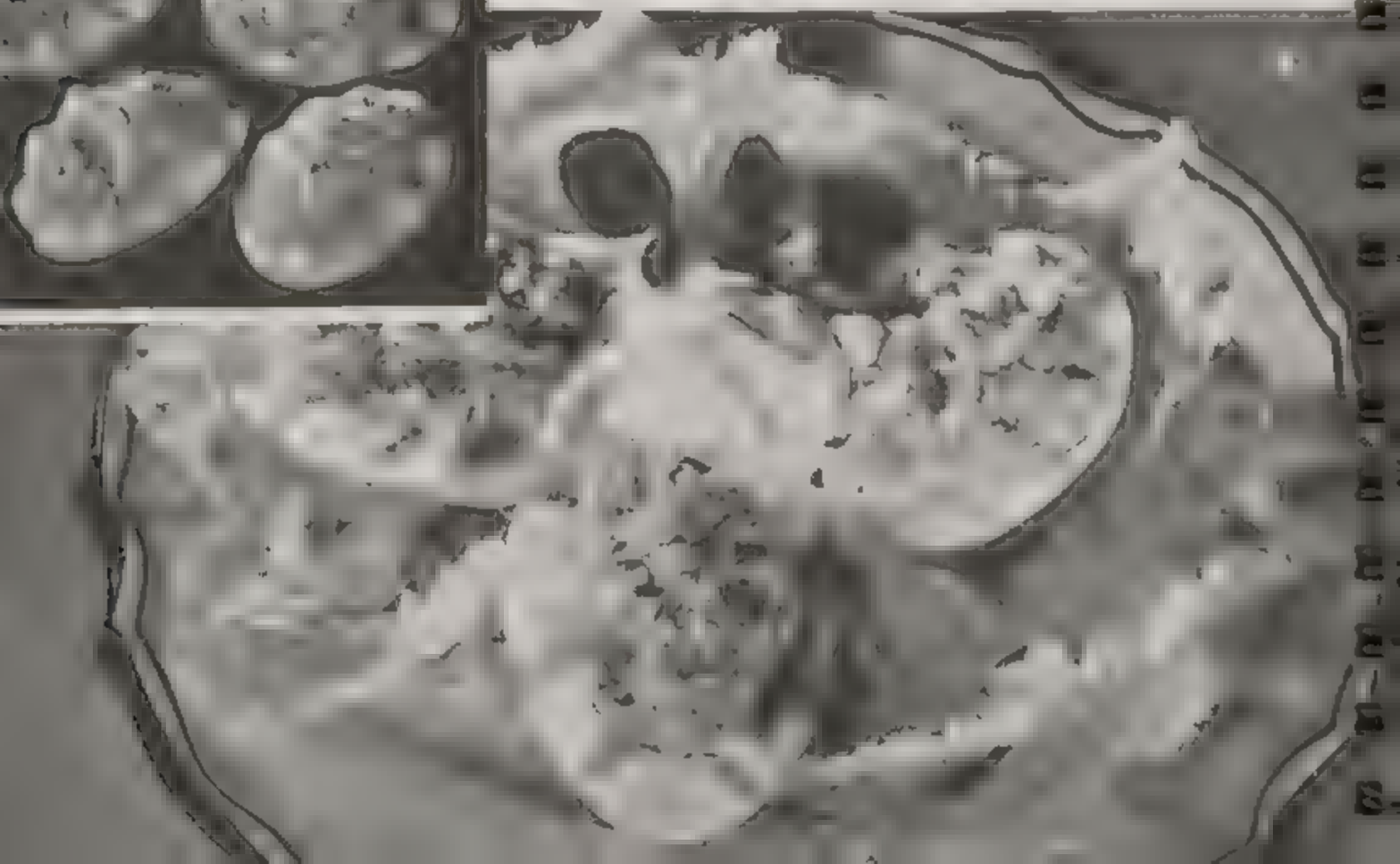
Combine yolks with

3 tablespoons Heinz Sandwich Spread

1 teaspoon Heinz Prepared Yellow Mustard

⅛ teaspoon salt.

Refill whites with egg yolk mixture (Photo 3). Place in nests of lettuce, using three halves per serving. Sprinkle with paprika, then garnish with watercress (Photo 4). Serve Heinz Mayonnaise or Russian Dressing (page 71) with this salad. (Serves 4)



POTATO AND EGG SALAD WITH BOILED DRESSING

Combine

3 cups diced cold cooked potatoes

1 tablespoon finely chopped onion

2 hard cooked eggs, chopped.

Prepare

Cooked Salad Dressing (page 72)

using 2 tablespoons sugar and 1 tablespoon Heinz Prepared Yellow or Brown Mustard.

Add to the dressing

1 teaspoon celery seed

then pour over potato mixture.

Chill. Serve in nests of lettuce. Garnish with Heinz Fresh Cucumber Pickle and red radishes. (Serves 4 to 6)

GOLFERS' LUNCHEON SALAD

Combine

1 cup ¼ inch cubes cold cooked veal

1 cup ¼ inch cubes cold cooked ham

2 cups chopped celery (Hint 3, page 196)

¼ cup Heinz Sweet Mixed Pickles, measured, then chopped
or 3 tablespoons Heinz India Relish

Salt and pepper to taste.

Moisten with approximately

¼ cup Heinz Mayonnaise

or

¼ cup Tartar Dressing (page 71)

in which case omit the Pickle from the salad.

Chill thoroughly. Serve on beds of lettuce. Garnish with additional dressing, wedges of hard cooked egg and Heinz Ripe Mission Olives. (Serves 4)

BANANA AND PEANUT BUTTER SALAD

Dice for every two salads—

1 large unpeeled red apple.

Sprinkle with

Salt

then moisten with

Fruit juice (Hint 8, page 197).

Peel, scrape, then cut in halves

1 banana.

Spread one-half of banana with

Heinz Peanut Butter (Photo 1)

then top with the other half (Photo 2).

Cut banana into ⅛ inch slices, arranging as illustrated in Photo 3, using one-half banana per salad. Arrange apple cubes around banana, then tuck sprigs of watercress here and there around the apple (Photo 4). Serve Heinz Mayonnaise or Honey Fruit Mayonnaise (page 70).

Note: *A simple but delicious salad. Very popular with children.*

HOT POTATO SALAD WITH FRANKFURTERS

Boil until tender

6 medium sized unpeeled potatoes.

Dice, then fry until crisp

6 slices bacon.

Remove bacon from skillet.

Brown in the bacon fat

½ cup (1 medium) chopped onion

3 to 6 frankfurters, skinned and thinly sliced.

Peel cooked potatoes, then cut into ½ inch dice. To the frankfurters and onion add potatoes and bacon, then add, mixing well

⅓ cup Heinz Pure Cider Vinegar

2 hard cooked eggs, chopped

1½ to 2 teaspoons salt.

Stir gently over low heat until all ingredients are thoroughly heated through. Serve on platter garnished with lettuce. (Serves 6)

OVEN BAKED BEAN AND EGG SALAD

Rinse, drain, then chill

1 medium (17½ oz.) can Heinz Oven Baked Red Kidney Beans (Hint 35, page 201).

Add, mixing carefully

4 Heinz Preserved Sweet Pickles, chopped

3 hard cooked eggs, sliced (Hint 5, page 196)

(reserve 6 slices for garnishing)

½ cup chopped celery (Hint 3, page 196

2 tablespoons finely chopped onion

1 teaspoon salt

3 to 4 tablespoons Heinz Mayonnaise.

Serve in nests of lettuce. Garnish with slices of hard cooked egg and parsley. (Serves 6)

Note — Any one of the 4 styles of Heinz Oven Baked Beans may be used in this recipe. This salad may also be served in tomato shells.

CRAB MEAT SALAD

Combine

1 cup flaked crab meat

4 hard cooked eggs, sliced (Hint 5, page 196)

½ cup blanched almonds, quartered

1 cup chopped celery (Hint 3, page 196)

8 Heinz Ripe Mission Olives, sliced (Hint 14, page 198).

Combine, blending well

½ cup Heinz Mayonnaise

¼ cup Heinz Pure Cider Vinegar

1 teaspoon salt.

Add dressing to crab meat mixture and mix thoroughly. Chill. Serve in cups of lettuce and garnish with tomato wedges. Or serve salad on tomato slices arranged on individual beds of lettuce. (Serves 6)

TUNA FISH SALAD

Rinse all oil from

2—7 oz. cans tuna fish (Hint 33, page 201).

Chill.

Flake fish, then add

1 cup chopped celery (Hint 3, page 196)

1 cup diced cucumber

2 cups cooked peas, well drained

3 hard cooked eggs, sliced (Hint 5, page 196).

Combine and mix thoroughly

½ cup Heinz Mayonnaise

2 teaspoons Heinz Prepared Yellow Mustard

1 teaspoon Heinz Pure Cider Vinegar

½ teaspoon salt

½ teaspoon sugar.

Add dressing to fish mixture, mixing lightly. Serve in cups of lettuce or on tomato slices. Garnish with Heinz Ripe Mission Olives and bits of green pepper. (Serves 8)

SALMON SALAD

Hard cook

6 eggs.

Remove skin, but not liquor from

1—16 oz. can salmon.

Shred salmon, then add, mixing thoroughly

Egg whites, chopped

½ cup (1 medium) chopped green pepper

½ cup shredded cabbage

½ cup chopped celery (Hint 3, page 196)

2 tablespoons (½ small) grated onion

⅓ cup (12 slices) chopped Heinz Cross Cut Sweet Pickles.

Mash the egg yolks, then add, blending well

3 tablespoons Heinz Prepared Yellow Mustard

2 tablespoons Heinz Pure Cider Vinegar

2 teaspoons sugar

1 tablespoon salt

¼ teaspoon pepper.

Combine egg yolk and egg white mixture, mixing thoroughly. Serve in cups of lettuce and garnish with radishes and whole slices of Heinz Cross Cut Sweet Pickles. (Serves 6 to 8)

MOCK CHICKEN SALAD

Combine, mixing thoroughly

1 cup chopped cooked pork

1 cup chopped cooked veal

1 cup chopped carrots

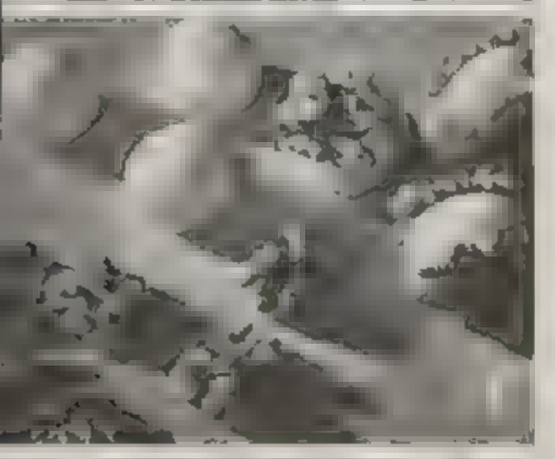
1 cup chopped celery (Hint 3, page 196)

4 tablespoons Heinz India Relish

⅓ cup Heinz Mayonnaise

Salt and pepper to taste.

Serve in cups of lettuce. Garnish with Heinz Ripe Mission Olives and sprigs of watercress. (Serves 6)



FRESH PEACH BON BON SALAD

Cut into 9 squares

3 oz. cream cheese

then roll each square into a ball (Photo 1). Place each cheese ball between two halves of English walnuts using

18 walnut halves (Photo 2).

Peel

3 medium sized peaches.

Cut each peach into 8 to 10 sections, then marinate in

Mellow French Dressing (page 66).

Arrange the sections from approximately one peach on each individual salad plate, then tuck curly endive around and between peach sections (Photo 3). Top each salad with three of the cheese and nut balls (Photo 4). (Serves 3)

VALENTINE SALAD

Follow directions for preparing St. Patrick's Day Salad (below), substituting a heart cutter for the shamrock cutter and red for the green vegetable coloring. Let pear hearts remain in juice until pink.

ST. PATRICK'S DAY SALAD

Prepare

Fruits

using combination of fruits given in recipe for Bridge Fruit Salad (page 103). Chill.

Cut shamrocks from

Halves of canned pears

using a small shamrock cutter.

Tint pear juice with a small amount of

Green vegetable coloring.

Place pear shamrocks in the juice and allow to remain until a delicate green, then drain. Arrange fruit in individual nests of lettuce. Top each salad first with a small amount of Heinz Mayonnaise, then whipped cream. Press a shamrock lightly down into center of whipped cream.

PECAN AND CHERRY CHEESE SALAD

Cut in halves

12 large Royal Anne cherries.

Form into 24 small balls

¼ lb. cream cheese.

Have ready

24 pecan halves

1 cup fresh or canned blackberries or fresh strawberries.

Place half of cheese balls between cherry halves and the other between pecan halves, pressing together lightly. Chill. Serve three of each on a bed of watercress. Sprinkle with well drained berries. Serve with Honey French Dressing (page 66). (Serves 4)

CHRISTMAS BELL SALAD

Dissolve a small amount of

Red vegetable coloring

in

Pear juice.

Place

Halves of canned pears

in dissolved coloring. Let remain in coloring until tinted a delicate pink, then drain on cloth or paper towel. Place two drained halves of pear together, then cut a slice off the large end of each pear, thus formed, so it will stand straight and give the appearance of a bell.

Spread cut side of ½ of each pear with

Cream cheese

then fill cavity of this half with

Heinz Currant Jelly.

Place pear halves together to form whole pear. (See photos page 102.) Fill a pastry tube with cream cheese and cover the division with a fluting of the cheese. Place in cups of lettuce. Serve Heinz Mayonnaise or Whipped Cream Mayonnaise Dressing (page 71).

TOMATO ASPIC RING WITH CRAB OR CHICKEN SALAD

Prepare individual ring molds of

Tomato Aspic

as given in recipe for Tart Tomato Salad (page 85), omitting the vegetables.

Prepare

Crab Meat Salad (page 96)

or

Chicken Salad (page 91).

Unmold aspic on individual salad plates, then heap salad in center. Surround molds with curly endive. Garnish with Heinz Mayonnaise.

FRUIT SALAD DESSERT MOLDS

Mash to a smooth pulp

3 ripe bananas.

Combine with

1 cup diced canned pineapple

1 cup diced canned pears

1 doz. maraschino cherries, thinly sliced.

Add

1 cup Cooked Fruit Salad Dressing (page 74).

Whip until stiff

1 cup whipping cream

then fold into fruit mixture.

Place one frilled waxed paper cup inside of another to make more solid, then fill with salad mixture. Set in freezing tray of refrigerator. Freeze 3 to 5 hours, or until solid, then decorate with whipped cream, using pastry tube. Continue freezing 1 hour or until cream is firm. Peel cup loose. Place on salad plate and garnish with geranium or galyx leaves. Salad may be molded in freezing tray lined with waxed paper. Cut into squares and serve as above.

Note: *½ cup Heinz Mayonnaise plus 1 tablespoon lemon juice may be substituted for the 1 cup Cooked Fruit Salad Dressing.*

HALLOWE'EN FRUIT SALAD

Prepare

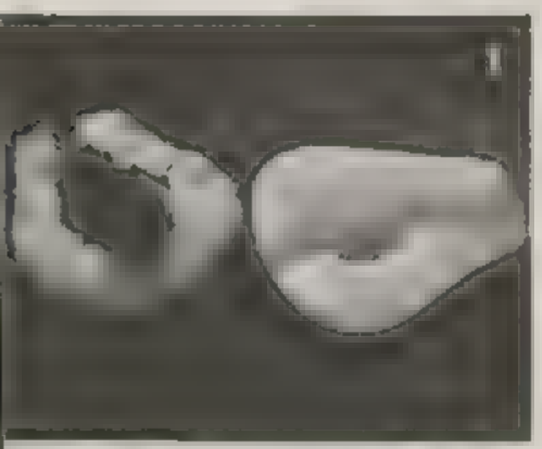
Fruits

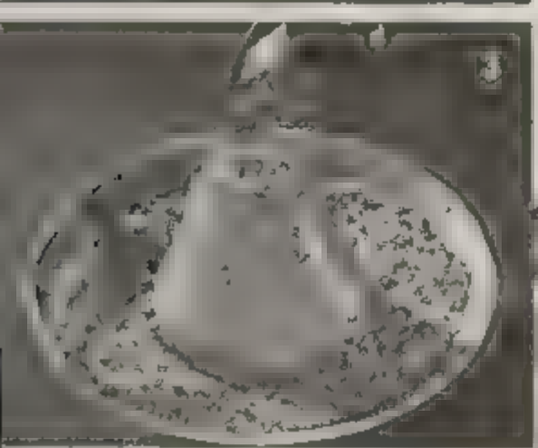
using combination of fruits given in Bridge Fruit Salad (page 103).

Drain

Halves of canned peaches.

Place a mound of the fruit mixture in individual cups of lettuce, then place over each a half of canned peach with the rounded side up. Decorate peach to resemble a face, by making small slits with knife, then inserting raisins to represent eyes and nose, and arranging a thin strip of maraschino cherry to represent a mouth.





PEAR MACAROON SALAD

Prepare

Cherry poinsettias (Hint 4, page 196).

Roll finely with rolling pin

Dry macaroons.

Drain

Halves of canned pears

by placing in paper or tea towel.

Spread cut side of one-half of each pear with

Cream cheese

then fill cavity of this half with

Heinz Currant Jelly (Photo 1).

Place pear halves together to form whole pear (Photo 2).

Coat whole pear, thus formed, with macaroon crumbs (Photo 3). Place in lettuce cup, then tuck in sprigs of watercress and top with a cherry poinsettia (Photo 4). Serve Heinz Mayonnaise.

BRIDGE FRUIT SALAD

Combine and chill thoroughly

2 cups diced pineapple

2 cups diced peaches

1 cup diced pears

1½ cups seeded Royal Anne cherries

1½ cups (2 large) sliced bananas.

Dissolve

1 package cherry gelatin

in

1 cup hot water.

Mold gelatin ¼ inch deep in pan.

Whip until stiff

1 cup whipping cream.

Fold whipped cream into

1 cup Cooked Fruit Salad Dressing (page 74).

Arrange fruit in large cups of lettuce. Cut gelatin into ½ inch cubes or cut with tiny fancy cutters, then sprinkle over fruits. Top with the Cooked Fruit Salad Dressing. (Serves 8)

PEACH CUP SALAD

Drain, then chill

12 halves canned peaches.

Mix in order given

¼ cup Heinz Pure Apple Butter

3 oz. cream cheese

½ cup chopped celery

¼ cup chopped nut meats

¼ cup seeded raisins.

Arrange twin nests of lettuce on salad plates. In each nest place a peach half, then fill cavity with Apple Butter mixture. Garnish with Heinz Mayonnaise or Honey Fruit Mayonnaise (page 70) and rings of maraschino cherry. (Serves 6)

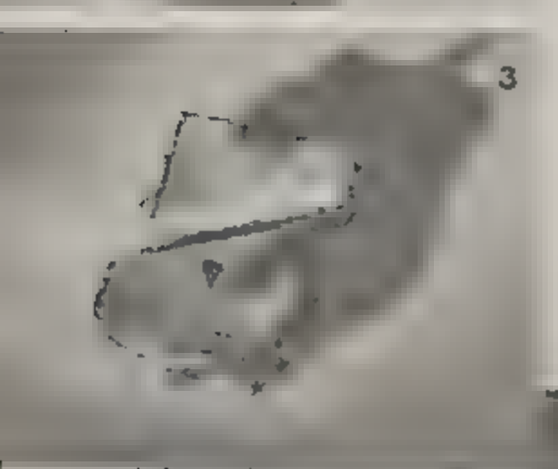
Sandwiches

Sandwiches have come a long way since that memorable occasion when the Earl of Sandwich first conceived the idea of munching a slice of meat between two slices of bread. Nowadays, a sandwich, a bowl of Heinz delicious Home-style Soup and a salad or dessert have become the Great American Lunch. Salad-sandwich combinations are increasingly popular as party fare. Enticing menus built along these lines are found on pages 190—191.

When you are making sandwiches, there is no advice more helpful than the old rule—Mind your three S's. Be sure the knife is *sharp*, the bread *stale* (at least a day old), and the butter (or spread) *soft*. Of course, sandwiches may be made ahead of time, covered with waxed paper or a very damp linen cloth.

The bane of all sandwiches is a dry filling. We have been careful to include here only those fillings which are moist and very well-seasoned. Bread, as you know, takes up a lot of flavor.

Be prepared to concoct the perfect sandwich for all occasions by stocking the pantry shelf with Heinz piquant "57" Varieties—Heinz Tomato Ketchup, Pickles, Sandwich Spread, Ripe Olives, Peanut Butter, Heinz Apple Butter and Fruit Jellies.



CHIPPED BEEF, BACON AND TOMATO SANDWICH

For each sandwich toast

3 slices bread.

Spread slices with a thin layer each of

Butter

Heinz Prepared Brown or Yellow Mustard.

Cover one slice of toast with a layer each of

Sizzled dried beef

Crisp bacon (Photo 1).

Top with second slice of toast, then with

Lettuce leaves

Tomato slices (Photo 2).

Cover with third slice of toast. Cut in halves and secure with toothpicks. Top toothpicks first with

Heinz Preserved Pickled Onions

then with

Cubes of pimiento or green pepper (Photo 3).

Arrange on plate as illustrated (Photo 4).

PICKLE AND CHEESE SANDWICHES

Mash with fork

½ lb. Old English cheese.

Add, blending thoroughly

½ cup (18 slices) chopped Heinz Fresh Cucumber Pickle

2 tablespoons Heinz Mayonnaise

1 tablespoon Heinz Tomato Ketchup.

Spread between slices of white or rye bread. (8 sandwiches)

Note: *A delicious spread for summer lunches.*

HOT DOGS IN BLANKETS

For each sandwich cut a slit lengthwise in a

Frankfurter.

Spread the cut side with

Heinz Prepared Brown or Yellow Mustard

then insert a slice of

Heinz Genuine Dill Pickle.

Wrap around the frankfurter a slice of

Bacon

fastening each end with a toothpick.

Pan broil on top of stove or under broiler, turning until bacon is crisp.

Place between rolls and eat while hot.

Note: *For campfire cooking pan broil or cook on toasting fork over hot coals*

NUTTY HAM SANDWICHES

Combine, mixing thoroughly

1—2½ oz. can deviled ham

4 tablespoons Heinz Peanut Butter

3 tablespoons Heinz Mayonnaise

4 teaspoons Heinz Prepared Yellow Mustard

¾ teaspoon Heinz Worcestershire Sauce.

Spread between slices of buttered white or rye bread. (5 sandwiches)

SANDWICHES

MUSHROOM SANDWICHES

Brown together

1 cup finely chopped mushrooms
½ cup finely chopped pimiento
½ cup (1 medium) finely chopped onion

in

2 tablespoons butter.

Add

2 tablespoons flour
¾ teaspoon salt
¼ teaspoon Heinz Red Pepper Sauce.

Cook, stirring constantly, until thickened.

Cool. Spread between slices of lightly buttered bread. (6 sandwiches)

INDIA RELISH AND LIVER PUDDING SANDWICHES

Mix thoroughly

¼ lb. liver pudding
¼ cup Heinz India Relish
¼ cup Heinz Mayonnaise.

Spread between buttered toasted or untoasted bread. (12 large or 2 doz. small sandwiches)

SPECIAL HOT CORNED BEEF SANDWICHES

Combine, then let stand 10 minutes

4 teaspoons Heinz Evaporated Horseradish
2 tablespoons cold water.

Mince well

1—12 oz. can corned beef.

Combine Horseradish and corned beef, then add

3 tablespoons Heinz Tomato Ketchup
3 tablespoons Heinz Mayonnaise.

Toast

Slices of bread.

Spread filling on half of hot toast. Top with slices of Heinz Cross Cut Sweet Pickles. Cover with second slices of toast. (8 sandwiches)

CRAB MEAT SANDWICHES, TOASTED

Strip bones from

½ lb. fresh or 1—6½ oz. can crab meat.

Flake fish, then add, mixing well

3 hard cooked eggs, chopped

10 Heinz Ripe Mission Olives, chopped (Hint 14, page 198)

½ teaspoon salt

Dash black pepper

½ teaspoon Heinz Green Pepper Sauce

½ cup Heinz Mayonnaise.

Spread between slices of buttered bread. Toast. (8 sandwiches)

DEVILED EGG SANDWICHES, TOASTED

Hard cook, then chop

5 eggs.

Combine with

½ cup Heinz Sandwich Spread

½ teaspoon salt

⅛ teaspoon pepper.

Toast on one side

16 slices bread.

Spread filling between untoasted sides of every two slices of bread, topping filling with a leaf of lettuce. (8 sandwiches)

PEANUT BUTTER AND FRESH CUCUMBER PICKLE SANDWICHES

Spread

Slices of bread

with

Heinz Peanut Butter.

Top half of slices with slices of

Heinz Fresh Cucumber Pickle

then top with remaining slices of bread

Cut in halves. Serve with Heinz Vegetable Soup for lunch or supper.

SALAD SANDWICH ROLLS

Cut crosswise into 8 inch lengths

1 loaf sandwich bread.

Remove crusts, then slice lengthwise ¼ inch thick (Photo 1). Place between two layers of damp linen cloth, as illustrated in Photo 2, for an hour so they will roll easily.

Prepare

Mock Chicken Sandwich Filling (page 115).

Spread slices of bread with a generous layer of the filling (Photo 2).

Roll firmly, then wrap in waxed paper (Photo 3) so roll will hold shape and stay moist. Place in refrigerator an hour or so. Unwrap, place one roll on each plate, then cut into five slices. Arrange slices at one side of salad plate and garnish with a cup of lettuce filled with carrot flowers (Hint 32, page 201), and Heinz Ripe Mission Olives (Photo 4).

HOT OPEN CHEESE AND BACON SANDWICH

Trim crusts from

2 slices bread per sandwich.

Toast bread on one side only. Cover untoasted side of each slice with

Slices American or Swiss cheese.

Stack one slice on top of the other, then spread top slice of cheese with

Heinz Chili Sauce.

Cover with

Slices uncooked bacon (Hint 6, page 196).

Broil very slowly until cheese is melted and the bacon crisp. Serve immediately garnished with Heinz Fresh Cucumber Pickle placed in small lettuce cup. These sandwiches are quickly and easily made and are excellent for luncheon or late evening suppers.

Note:—Cut bacon longer than sandwich to allow for shrinkage in cooking.

TUNA LUNCHEON SNACKS

Split in halves

8 to 12 large round rolls.

Put rolls back into wrappings and warm in oven.

Rinse oil from

1—7 oz. can tuna fish (Hint 33, page 201).

Flake fish, then add, mixing well

1 hard cooked egg, chopped

½ cup Heinz Sandwich Spread.

Prepare

Tomato slices

Slices crisp cooked bacon (Hint 6, page 196).

Spread the heated rolls with

Butter.

Spread bottom half of each roll with a layer of the tuna mixture, then top with two slices of tomato and a slice of cooked bacon. Replace the top half of roll. May be toasted, if desired. (8 to 12 sandwiches

SANDWICHES

CREAM CHEESE AND KETCHUP SANDWICHES

Combine, blending thoroughly

3 oz. cream cheese
1 teaspoon Heinz Prepared Yellow Mustard
½ teaspoon Heinz Worcestershire Sauce
1 tablespoon Heinz Tomato Ketchup
¼ teaspoon salt
½ teaspoon paprika.

Spread between slices of bread. (8 sandwiches)

APPLE BUTTER GINGER SNAP SANDWICHES

Combine, blending well

3 oz. cream cheese
⅓ cup Heinz Pure Apple Butter.

Spread filling between ginger snaps, using 3 doz. ginger snaps.

GRILLED SUPPER SNACKS

Toast on one side

Slices of bread.

Spread untoasted sides with

Heinz Prepared Yellow Mustard
or
Heinz Chili Sauce.

Place on each

1 slice baked or boiled ham.

Arrange over ham

4 stalks cooked asparagus

then cover with

1 slice or ¼ cup grated American cheese.

Sprinkle with

Salt.

Bake in a moderate oven (375 F. about 10 minutes, or until cheese melts. Garnish with Heinz Cross Cut Sweet Pickles.

CAMPFIRE HOT STEAK SANDWICHES

Take fresh buttered rolls from home, having each wrapped in waxed paper. Cut steak into strips, then broil over campfire in a corn popper, skillet or on a long handled fork. During the broiling season well with salt, pepper and Heinz Worcestershire Sauce. Place the steak in the buttered rolls. For a combination sandwich place a slice of onion and a slice or two of Heinz Preserved Sweet Pickle in each one.

PEANUT BUTTER AND MUSTARD PICKLE SANDWICH FILLING

Combine and mix thoroughly equal amounts

Heinz Peanut Butter

Heinz Sweet Mustard Pickle, chopped.

Excellent for cold sandwiches or between hot toast. Keep filling in cool place until ready to use.

HOT FRANKFURTER SANDWICHES

Grind

1 doz. medium sized frankfurters.

Fry until slightly browned in

2 tablespoons bacon fat.

Blend together

2 tablespoons butter

2 tablespoons Heinz Prepared Yellow Mustard.

Spread butter mixture between

8 sandwich buns.

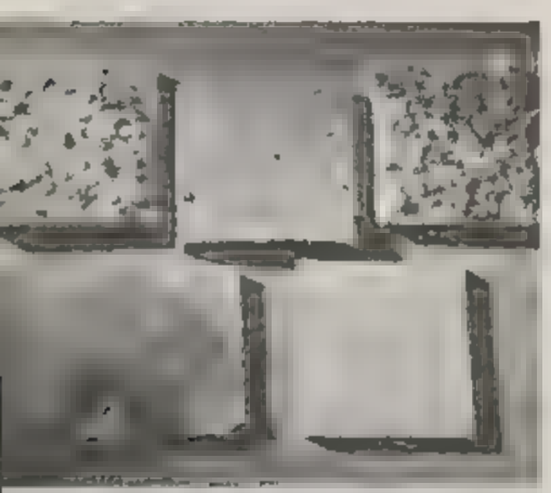
Heat buns in paper bag in oven, then spread with a layer of

Heinz India Relish

then a generous layer of frankfurters.

Stick toothpick through each to hold together and top each toothpick with a Heinz Preserved Sweet Pickled Onion (8 sandwiches)

Note:—*Thin slices of onion may be placed between sandwiches, if desired.*



COMBINATION PYRAMIDS

For each sandwich remove crusts from

2 slices white bread

1 slice whole wheat bread.

Spread both slices of white bread with

Heinz Sandwich Spread

and the slice of whole wheat bread with

Heinz Prepared Brown or Yellow Mustard (Photo 1).

Top one slice white bread with

Slice cooked ham

then top with the whole wheat slice, placing spread side down. Spread other side with Mustard (Photo 2).

Top with

Slice cheese

and the remaining slice of white bread, then cut into triangles (Photo 3).

Arrange on sandwich plate and garnish with watercress, radishes and Heinz Preserved Sweet Midget Gherkins (Photo 4).

MOCK CHICKEN SANDWICHES

Combine and mix thoroughly

1 cup coarsely ground cooked pork or veal

½ cup finely chopped or shredded raw carrot

½ cup finely chopped celery

2 tablespoons Heinz India Relish

3 tablespoons Heinz Mayonnaise

Salt to taste.

Spread between slices of white or whole wheat bread which have been spread with Mayonnaise. Leaves of lettuce may be placed between sandwiches, if desired. This sandwich filling is excellent for packed lunches or for stuffing tomatoes. (12 sandwiches)

NIPPY FINGER ROLL SANDWICHES

Combine, then let stand 10 minutes

1 tablespoon Heinz Evaporated Horseradish

1 tablespoon cold water.

Add, blending well

2 cups (12 medium) finely ground wieners

1 cup grated American cheese

3 tablespoons finely chopped green pepper

1 teaspoon salt

Dash of black pepper

Heinz Mayonnaise to moisten.

Cut top crust as thinly as possible from

8 finger rolls.

With a sharp paring knife cut just inside the crust of the roll, then remove the soft inside center with fingers, leaving the roll hollow. Spread sides and bottom of roll lightly with butter, then fill lightly with filling. Replace the top of roll and sprinkle lightly with cold water. Wrap each in waxed paper and heat in a moderate oven (375°F.) 20 minutes, or until heated through. Serve hot with cocktails or as a hot sandwich. (9 sandwiches)

SANDWICHES

SANDWICH SPREAD AND EGG SANDWICHES

Hard cook

Eggs.

Spread slices of white or whole wheat bread with

Heinz Sandwich Spread.

Slice eggs (Hint 5, page 196), then place on half of the spread slices of bread. Sprinkle with salt and pepper. Top with leaves of lettuce and remaining slices of bread. Cut into halves. Arrange Heinz Ripe Mission Olives and Heinz Preserved Sweet Pickles between the halves.

CHEESE AND HORSERADISH SANDWICHES

Combine, then let stand 10 minutes

½ teaspoon Heinz Evaporated Horseradish

2 teaspoons cold water.

Mix thoroughly with

1½ oz. Roquefort cheese

1½ oz. cream cheese.

Remove crust from

Slices of bread

then spread bread with

Heinz Mayonnaise.

Spread filling between slices of bread. Cut attractively. (6 sandwiches)

BROILED BAKED BEAN SANDWICH

Toast for each sandwich

1 slice bread.

Place a heaping spoonful of

Heinz Oven Baked Beans

on each slice, then place over Beans

American cheese, grated or sliced.

Top with

Half slices of bacon.

Broil slowly until bacon is crisp and cheese melted. Arrange on plate and garnish with Heinz Fresh Cucumber Pickle. Serve at once.

ROQUEFORT AND CELERY SANDWICHES

Combine

¼ lb. Roquefort cheese, softened

1 teaspoon Heinz Worcestershire Sauce

2 cups finely chopped celery.

Spread between thin slices of buttered white bread.

OPEN TOMATO RAREBIT SANDWICHES

Prepare

Nippy Rarebit Sauce (page 130).

Toast on both sides

6 slices bread.

Fry until crisp

6 slices bacon, cut in halves (Hint 6, page 196).

Slice

2 large tomatoes.

Top each slice of toast with two slices of tomato, then sprinkle with salt and pepper. Pour sauce over tomato, then top with two half strips of bacon. Garnish with Heinz Cross Cut Sweet Pickles. Serves 6.

CHEESE, OLIVE AND HORSERADISH SANDWICHES

Combine, then let stand 10 minutes

1 teaspoon Heinz Evaporated Horseradish

1 tablespoon cold water.

Add, blending well

¼ lb. cream cheese

⅓ cup chopped stuffed olives.

Spread

Slices white or rye bread

with

Heinz Mayonnaise.

Spread filling between bread. Cut attractively. (8 to 10 sandwiches

SANDWICH FILLINGS FOR TEA SANDWICHES

Heinz Currant Jelly

Heinz Peanut Butter

Heinz Sandwich Spread

Heinz Pure Apple Butter

Combination of Heinz Currant Jelly and Heinz Peanut Butter

Cream Cheese with Heinz Evaporated Horseradish (use proportions as given in recipe for Toasted Cheese Rolls, page 123)

Cream Cheese and Ketchup Sandwich Filling, page 112

Cream Cheese and Heinz Pure Apple Butter, using just enough Apple Butter to soften cheese

Cheese, Olive and Horseradish Sandwich Filling, page 117

INDIVIDUAL SANDWICH LOAVES

For each sandwich remove crusts from

2 slices sandwich bread.

Cut slices of bread in halves.

Cover first half slice with thin slices of each

Tomato

Cucumber.

Sprinkle with salt and pepper.

Top with second half slice of bread and spread with

Ground cooked ham.

Add third half slice of bread and spread with

Heinz Sandwich Spread.

Top with remaining half slice of bread.

Blend together for every 3 loaves

3 oz. cream cheese

1½ tablespoons Heinz Tomato Ketchup.

Spread a thin layer of the Ketchup mixture over the top and sides of each sandwich loaf. Garnish top with slices of stuffed olive and sprigs of watercress (See photo page 104). Chill. Serve on a party luncheon plate or for an informal tea. Serve with fork.

JACK O'LANTERN SANDWICHES

Cut bread into rounds. From one-half the rounds of bread cut out triangular pieces and remove to leave holes for eyes, nose and mouth. Spread uncut rounds with Heinz Currant Jelly. Or spread with soft cream cheese, then with a layer of Heinz Currant Jelly. For children's parties, spread with Heinz Peanut Butter. Place the cut out slices over colorful filling to form Jack O'Lantern faces.

SANDWICH SPREAD AND PEANUT BUTTER SANDWICHES

Spread an equal number of

Slices of bread

with

Heinz Peanut Butter

Heinz Sandwich Spread.

Combine one of each, filling sides together. Cut attractively.

Note — Finely chopped celery may be sprinkled over Sandwich Spread before combining, if desired.

CAMPFIRE CHEESE AND PICKLE SANDWICHES

Slice lengthwise into fourths

Heinz Preserved Sweet Pickles

or

Heinz Genuine Dill Pickles.

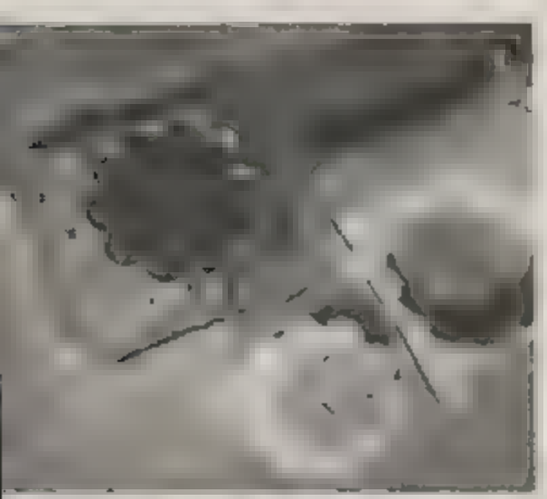
Wrap two slices of Pickle in a

Slice of American or Swiss cheese.

Place between a

Parkerhouse roll.

Secure with toasting fork or skewer and hold over hot coals, turning often until cheese melts, or bake in a moderate oven (375 F.) until cheese melts.



TEA SANDWICHES

Cut an equal number of slices of

White bread

Brown bread.

Cut into desired shapes with fancy sandwich cutters (Photo 1). Cut fancy designs in half of the slices of white and brown bread (Photo 2). Spread whole slices of bread with desired sandwich filling (Photo 3). (For suggested sandwich fillings see page 118). Top spread slices with cut-out slices (Photo 4).

Note: *The shapes cut out of the white bread in forming fancy designs may be fitted into the cuts made in the dark bread, and vice versa.*

BARBECUED HAMBURGER SANDWICHES

Combine

½ cup soft bread crumbs

¼ cup milk.

Add

½ lb. ground round steak

½ teaspoon salt

Dash of pepper.

Form meat into patties, then brown on both sides in

2 tablespoons fat.

Combine, then pour over meat

1 tablespoon sugar

2 tablespoons Heinz Worcestershire Sauce

1 tablespoon Heinz Pure Cider Vinegar

½ cup Heinz Tomato Ketchup.

Cover and simmer slowly about 10 to 15 minutes, or until sauce is very thick. Serve hot on or between heated or toasted bun halves. (Makes 6)

SNAPPY CUCUMBER SANDWICHES

Combine, then let stand 10 minutes

1 teaspoon Heinz Evaporated Horseradish

2 teaspoons cold water.

Combine with

3 oz. cream cheese.

Spread cheese mixture on

Thin slices white or rye bread.

Top half of slices of bread with thin slices chilled

Cucumber.

Sprinkle with

Salt.

Cover with remaining spread slices of bread. Serve at once.

Note: *For a picnic take a jar of the cheese mixture, cucumber and sliced bread along and let everyone make his own sandwich.*

RIPE OLIVE SANDWICHES

Mix thoroughly

1 cup Heinz Ripe Mission Olives, stoned and chopped
(Hint 14, page 198)
½ cup (1 medium) finely chopped green pepper
1 medium sized canned pimiento, finely chopped
¼ teaspoon salt
Few drops onion juice (Hint 28, page 200).

Moisten with approximately

2 tablespoons Heinz Mayonnaise.

Chill. Spread between slices of buttered bread. Cut attractively. (8 large or 12 small sandwiches)

Note:—For open Ripe Olive Sandwiches spread rounds of bread with Heinz Mayonnaise, then with the Olive filling.

OPEN MINCED HAM AND BEAN SANDWICHES

Grind or chop

1 slice (½ lb.) raw cured ham.

Brown slowly in

2 tablespoons fat.

Add

1 medium (18 oz.) can Heinz Oven Baked Beans, Boston Style.

Cook slowly 5 minutes.

Add

¼ cup Heinz Tomato Ketchup.

Cut in halves

6 sandwich buns.

Hollow buns out slightly, then toast. Fill each half with a layer of Bean mixture. Top with a mound of

Heinz India Relish.

Serve two on each plate with a salad. Serve hot. (6 sandwiches)

Note:—1 cup chopped left-over cooked ham may be substituted for the raw cured ham.

PEANUT BUTTER AND JELLY SANDWICHES

Spread an equal number of

Slices white or whole wheat bread

with

Heinz Peanut Butter

Heinz Currant or Grape Jelly.

Combine one of each, filling sides together. Cut diagonally and serve. Wrap in waxed paper for the packed lunch. The bread may be toasted and spread while hot, then served at once with salads.

RIPE OLIVE CHEESE SANDWICHES

Combine, blending thoroughly

¼ lb. pimiento cheese

¼ cup very finely chopped Heinz Ripe Mission Olives

(Hint 14, page 198)

1 teaspoon Heinz Red or Green Pepper Sauce.

Spread between slices of bread. May be used as a spread for appetizers. (6 to 8 sandwiches)

TOASTED CHEESE ROLLS

Mix to a smooth paste

¼ lb. grated American cheese

2 tablespoons Heinz Tomato Ketchup

Dash of black pepper.

Slice and moisten bread according to photos 1 and 2, page 110.

Spread with

Butter

then with a thin layer of the filling.

Roll slices, then pack closely together in pan so butter will become firm and the rolls hold their shape. Just before serving toast under broiler or bake in a hot oven (425 F.) until golden brown. These cheese rolls may be sliced, then toasted and served hot as canapés.

Sauces

The sauce is the symbol of civilized eating. Far too often we hear people say, "I'm not fond of sauces—I want to *taste* my food." What a strange fallacy. Fine sauces are never intended to disguise the taste, but always to enhance our enjoyment of delicious flavors.

Contrary to the popular belief, fine sauces need not be at all difficult to prepare. Those intriguing cocktail sauces—which are far more than the better half of sea food cocktails—require nothing more than a mixing of piquant ingredients in the right proportions. Many of these have a base of Heinz Tomato Ketchup, Chili Sauce, Worcestershire and often a dash of Heinz Vinegar and Horseradish.

All manner of luscious, velvety cream sauces are quickly and easily concocted with Heinz ready-to-serve Cream of Mushroom, Cream of Celery or Cream of Tomato Soup.

Many a plain dessert has been gloriously transformed by speedy and simple dessert sauces made with Heinz Currant Jelly, Peanut Butter or even a tin of the baby's Heinz Strained Apricots and Apple Sauce (See page 127).

CHEESE SAUCE

Place in double boiler

2 tablespoons butter

¼ lb. Old English cheese

1 teaspoon Heinz Worcestershire Sauce

½ teaspoon Heinz Pepper Sauce

Salt and pepper.

Heat 10 minutes. Stir until cheese is melted and well blended. Serve over cooked vegetables. Or make a depression in a dish of hot Heinz Oven Baked Beans, then fill with Sauce and serve on toast.

CURRANT HARD SAUCE

Cream

¼ cup butter.

Beat until smooth, then add to butter

¼ cup Heinz Currant Jelly.

Beat in gradually

1 cup powdered sugar.

If not smooth, beat with rotary beater. Chill. Serve over Heinz Fig, Plum or Date Pudding, or over fruit pies.

WHIPPED CREAM SAUCE

Beat well

1 egg yolk.

Add, then mix well

2 tablespoons powdered sugar

½ teaspoon vanilla.

Whip until stiff

½ cup whipping cream.

Fold whipped cream into yolk mixture, then

1 egg white, stiffly beaten.

Serve over Heinz Fig, Plum or Date Pudding.

PEANUT BUTTER FUDGE SAUCE

Combine, then cover and boil 8 minutes

½ cup sugar

½ cup water

¼ teaspoon Heinz Pure Cider Vinegar.

Add, then blend thoroughly

6 tablespoons Heinz Peanut Butter.

Cool. Serve over ice cream.

APRICOT SAUCE

Boil together 10 minutes

½ cup sugar

½ cup water.

Add, then bring to boiling point

1—4½ oz. can Heinz Strained Apricots and Apple Sauce

1 tablespoon lemon juice.

Chill. Serve over baked custards, cake, or ice cream. (Serves 4 to 6)

KETCHUP SAUCE

Melt

2 tablespoons butter.

Add, blending well

2 tablespoons flour.

Cook until bubbling.

Add

½ teaspoon salt

Dash of pepper

½ to 1 teaspoon grated or finely minced onion

1 cup milk.

Cook, stirring constantly, until thickened.

Add slowly, mixing well

¾ cup Heinz Tomato Ketchup.

Cook until thoroughly heated. Serve with meat or fish. (Serves 6)

QUICK MUSHROOM SAUCE—NO. 1

Melt

2 tablespoons butter (Photo 1).

Add, blending well

3 tablespoons flour (Photo 2).

Cook until bubbling.

Add

1 medium (16 oz.) can Heinz Cream of Mushroom Soup (Photo 3).

Cook, stirring constantly, until thickened. Serve over cauliflower (Photo 4) or other vegetables, or use as the white sauce in creamed meat, fish, egg or cheese dishes.

Note — *If desired, 1 teaspoon Heinz Worcestershire Sauce may be added.*

QUICK TOMATO SAUCE

Substitute

Heinz Cream of Tomato Soup

for Mushroom Soup in Quick Mushroom Sauce No. 2 (page 130).

Brown

½ cup (1 medium) finely chopped green pepper

in the butter before adding flour. Serve over meat or fish.

CHERRY SAUCE

Combine, then blend well

¼ cup butter

1 cup sugar,

Add

1 cup cherry juice,

Cook, stirring constantly, to boiling point, then boil, without stirring, 15 minutes. One cup well drained cherries may be added after removing from fire. Serve hot or cold over Heinz Puddings. (Serves 6)

HOT LEMON SAUCE

Combine, then mix thoroughly

⅔ cup sugar

2 tablespoons cornstarch.

Add slowly

1¼ cups boiling water.

Cook, stirring constantly, until thickened.

Add, then blend well

3 tablespoons lemon juice

Rind of 1 lemon

2 tablespoons butter

Pinch of salt

¼ teaspoon vanilla.

Serve hot over Heinz Puddings. (Serves 6)

QUICK MUSHROOM SAUCE—NO. 2

Prepare Mushroom Sauce as given in recipe for Quick Mushroom Sauce No. 1 (page 128), using the following ingredients:

2 tablespoons butter

2 tablespoons flour

1 small (10 oz.) can Heinz Cream of Mushroom Soup.

Serve over cooked vegetables or as the white sauce in creamed dishes.

HARD SAUCE

Cream until very soft

⅓ cup butter.

Add gradually, creaming until smooth

1 cup powdered sugar.

Add

1 teaspoon vanilla.

Keep in cool place until served. (Serves 6)

Note:—To produce a fluffier Hard Sauce fold in 1 stiffly beaten egg white.

NIPPY RAREBIT SAUCE

Melt together over low heat

1 tablespoon butter

1½ cups (½ lb.) finely diced American cheese.

Add

¼ teaspoon salt

1 teaspoon Heinz Prepared Yellow Mustard

1 teaspoon Heinz Worcestershire Sauce

¼ teaspoon Heinz Red Pepper Sauce

then gradually add, stirring constantly

⅔ cup top milk.

Remove from fire, then beat in

1 well beaten egg.

Serve on toast or add Heinz Oven Baked Beans for a Bean Rarebit.

CELERY SAUCE

Substitute

Heinz Cream of Celery Soup

for Mushroom Soup in Quick Mushroom Sauce No. 1 (page 128). Serve over cooked vegetables, such as whole boiled onions.

RIPE OLIVE SAUCE

Melt

2 tablespoons butter,

Add, then cook until beginning to brown

2 tablespoons finely chopped onion

1 stalk celery, cut in small pieces.

Add, mixing thoroughly after each addition

½ teaspoon Heinz Worcestershire Sauce

1 tablespoon flour

15 Heinz Ripe Mission Olives, chopped (Hint 14, page 198)

1 cup liquor from the Olives.

Cook slowly until heated through. Serve hot over salmon (page 35) or over salmon steak. (Serves 5 to 6)

SEA FOOD COCKTAIL SAUCE

Combine, then let stand 10 minutes

1 teaspoon Heinz Evaporated Horseradish

2 teaspoons cold water.

Add, then mix thoroughly

½ cup Heinz Tomato Ketchup or Heinz Chili Sauce

2 tablespoons Heinz Pure Malt or Cider Vinegar

1 teaspoon Heinz Worcestershire Sauce

1 teaspoon celery salt.

Chill, then serve over sea food cocktails. (Serves 6)

Variations:—

1. ½ cup finely diced celery may be substituted for celery salt.

2. Add 2 tablespoons Heinz India Relish.

SAUCES

TARTAR SAUCE

Combine, then let stand 10 minutes

2 teaspoons Heinz Evaporated Horseradish

2 teaspoons cold water.

Add, then mix thoroughly

½ cup Heinz Sandwich Spread.

Serve with hot or cold fish, or fish or meat salads. (Serves 6)

CUCUMBER SAUCE FOR FISH

Peel, chop, then drain

2 large cucumbers.

Add, mixing well

½ teaspoon salt

Dash of pepper

2 tablespoons Heinz Pure Cider Vinegar.

Chill. Serve with cold salmon or tuna fish. (Serves 6)

HOLLANDAISE SAUCE

Melt in top part of double boiler

1 tablespoon butter.

Add, blending thoroughly

1 tablespoon flour

¼ teaspoon salt.

Cook until bubbling.

Add

½ cup milk.

Cook over hot water, stirring constantly, until thickened.

Remove from fire, then add

½ cup Heinz Mayonnaise

2 teaspoons Heinz Pure Cider Vinegar.

Serve hot over broccoli, asparagus or other vegetables. (Serves 6)

Note: *May be reheated in double boiler successfully.*

KETCHUP BUTTER SAUCE

Combine equal proportions of

Heinz Tomato Ketchup

Butter.

Heat, then serve over cooked vegetables. (2 tablespoons per serving)

CARAMEL SAUCE

Combine in saucepan, blending thoroughly

4 tablespoons butter, melted

1¼ cups brown sugar

2 tablespoons dark corn syrup

½ teaspoon Heinz Pure Cider Vinegar.

Boil about 1 minute, or until thick and bubbly.

Add

¼ cup cream.

Cook 1 minute longer, stirring constantly. Cool, then add

½ teaspoon vanilla.

If sauce is very heavy when cold, thin with milk or cream. (Serves 6 to 8)

BARBECUE SAUCE

Combine, then bring to boiling point

½ cup butter

½ cup Heinz Pure Cider Vinegar

1 tablespoon Heinz Prepared Brown Mustard

1 tablespoon chopped onion

1 tablespoon Heinz Worcestershire Sauce

1 tablespoon Heinz Chili Sauce

1 teaspoon lemon juice

2 thin slices lemon

1 tablespoon brown sugar

¼ teaspoon pepper.

Baste meat every 10 minutes with the warm sauce during the cooking.

Breads

If you want to gain a reputation as an excellent cook and gracious hostess, just remember these three things. Always serve plenty of good steaming coffee, be sure there's a relish tray on the table and a fine, but homemade bread.

Even the simplest of meals becomes an occasion when there are fresh-baked rolls and brown-gold muffins heaped in a wicker basket or bread-tray. Cold "hot breads" are anathema. They should always be hot enough to melt the butter the instant it touches the savory, smoking surface.

In our recipe for butterflake rolls you will notice that we add a dash of Heinz Vinegar to the yeast mixture. This simple little trick is a culinary secret —a kind of professional touch which expert bakers have known for years, but rarely confided.

Heinz Peanut Butter and Mince Meat, Heinz Rice Flakes and oftentimes a dash of Heinz Jelly will give interesting new flavor and texture to hot breads.

NUT AND CHEESE STRAWS

Roll to ⅛ inch in thickness

Plain pie pastry (page 158).

Spread with a thin layer of

Heinz Peanut Butter.

Fold one-half of pastry over the other half, then roll again to inch.

Sprinkle with

Grated American cheese.

Again fold one-half over the other half and roll to ¼ inch. Cut into narrow strips and place on cooky sheet. Bake in a hot oven (450 F.) 8 to 10 minutes, or until delicately brown.

Note — *Nut and Cheese Straws make an excellent accompaniment to fruit salads for party plates. May also accompany Hem. Soups for luncheons.*

MUFFINS WITH JELLY CENTERS

Sift together

2 cups sifted all-purpose flour

4 teaspoons baking powder

1 teaspoon salt

2 teaspoons sugar.

Combine

1 cup milk

1 egg, well beaten

2 tablespoons butter, melted.

Make a depression in center of dry ingredients, then pour in liquid mixture all at once, mixing only enough to dampen flour. Fill greased muffin pans about two-thirds full.

Sprinkle

Grated American cheese

over top of each, then in center lightly place

1 teaspoon Heinz Currant Jelly.

Bake in a hot oven (400°F.) 25 minutes.

BUTTERFLAKE ROLLS (Foundation recipe)

Crumble in bowl

2 cakes fresh compressed yeast.

Add

¼ cup sugar.

To

1½ cups milk (room temperature)

add slowly, stirring rapidly

2½ tablespoons Heinz Cider or Distilled White Vinegar.

Pour over yeast and sugar, then let stand 10 minutes.

Melt, then cool

¼ cup butter

¼ cup lard.

Sift together

5½ cups sifted all-purpose flour

½ teaspoon soda

1 teaspoon salt.

Add the melted shortening to yeast mixture. Mix well, then add sifted dry ingredients, beating until a smooth dough is formed. Transfer dough to a well greased bowl and brush top with butter. Place bowl in warm place until dough is about tripled in bulk. Turn out of bowl, without stirring, onto well floured board. Sprinkle top of dough lightly with flour, then roll out to desired thickness. Make into fancy shapes according to recipes page 138. Set rolls in warm place 10 to 15 minutes or until light. Bake in a hot oven (400° F.) 15 to 20 minutes, depending upon shape and size of rolls. Remove from pan at once to cake rack, unless to be served hot.

CLOVERLEAF ROLLS

Prepare foundation recipe for Butterflake Rolls (above). Do not roll dough but pinch off small bits and roll into balls the size of English walnuts. Place three balls in each greased muffin pan. Let rise, then bake as directed in foundation recipe.

FANCY ROLLS

1. Crisscross Rolls: Roll Butterflake Roll dough (page 137) ¼ inch thick. Brush with melted butter. Cut into long strips 1½ inches wide. Cut strips into 2 inch lengths, then place 3 into each well greased muffin pan in crisscross fashion, having 3rd strip in position of first (Photo 1). Brush tops with butter, then let rise. Bake according to directions.

2. Nut Rolls: Roll Butterflake Roll dough (page 137) ⅛ inch thick. Brush with melted butter. Sprinkle with brown sugar and chopped nuts. Cut strips ¾ inch wide and 4 long. Roll, then place end up in greased muffin pan (Photo 2). Let rise and bake according to directions.

3. Poppy Seed Twists: Roll Butterflake Roll dough (page 137) about ⅛ inch thick. Cut into strips ¾ inch wide and 3 inches long. Place one on top of another in braid fashion (Photo 3). Brush tops with melted butter, then sprinkle with poppy seeds. Let rise and bake according to directions.

POCKETBOOK ROLLS

Prepare foundation recipe for Butterflake Rolls (page 137). Roll to ¼ inch in thickness. Cut with biscuit cutter, then mark a line through center of each with knife dipped in flour. Brush one-half of each with melted butter, then fold and press edges together. Place on a cooky sheet. Brush tops with butter. Let rise 10 minutes, then bake as directed.

JELLY CINNAMON TOAST

Cream together thoroughly

2 tablespoons soft butter

3 tablespoons Heinz Currant Jelly

½ teaspoon cinnamon.

Spread lightly on

6 slices hot toast.

Place under broiler two to three minutes until Jelly bubbles.

PEANUT BRAN MUFFINS

Sift together

1 cup sifted all-purpose flour

3 teaspoons baking powder

½ teaspoon salt.

Cream together until soft

⅓ cup Heinz Peanut Butter

¼ cup sugar.

Add to Peanut Butter and sugar mixture, mixing well

1 egg, well beaten

1 cup milk.

Add

1 cup whole bran

and soak until most of moisture is taken up. Add flour mixture, stirring only until flour is moist. Fill greased muffin pans two-thirds full. Bake in moderate oven (375°F.) 25 minutes. (10 muffins)

BREADS

BAKING POWDER BISCUITS

Sift together

2 cups sifted all-purpose flour

4 teaspoons baking powder

1 teaspoon salt.

Work in

3 tablespoons fat.

Add gradually, mixing to a firm dough

¾ cup milk.

Toss on lightly floured board and pat to ½ inch in thickness. Cut with biscuit cutter and place on buttered pan. Bake in a hot oven (400° F.) about 12 minutes.

Note:—When making biscuits for creamed dishes, roll dough ¼ inch thick, spread with melted butter, then fold one-half of dough over other half and roll to ½ inch. Cut into desired shapes. Bake as directed above.

MINCE MEAT BISCUITS

Sift together

2 cups sifted all-purpose flour

2 tablespoons sugar

4 teaspoons baking powder

½ teaspoon salt.

Work in

¼ cup fat (half butter)

so mixture of fat and flour range in size from coarse corn meal to peas.

Combine

½ cup Heinz Mince Meat

½ cup milk,

Make a depression in center of dry ingredients, then pour in liquid mixture all at once, mixing just enough to blend thoroughly. Lightly roll or pat on floured board to about ½ inch in thickness. Cut into rounds with biscuit cutter, then place on greased baking sheet. Bake in a hot oven (450°F.) 10 minutes.

PEANUT BUTTER BISCUITS

Sift together

2 cups sifted all-purpose flour

4 teaspoons baking powder

½ teaspoon salt.

Work in

4 tablespoons vegetable shortening

4 tablespoons Heinz Peanut Butter

so mixture is in pieces ranging in size from coarse corn meal to peas. Add gradually, mixing to a firm dough

⅔ cup milk.

Toss on lightly floured board and pat to ½ inch in thickness. Cut into biscuits and place on a greased pan. Bake in hot oven (400° F.) about 12 minutes. These biscuits are excellent served with salads.

BERRY FLAKE MUFFINS

Sift together twice

2 cups sifted all-purpose flour

4 teaspoons baking powder

½ teaspoon salt

2 tablespoons sugar.

Combine

1 cup milk

1 egg, well beaten

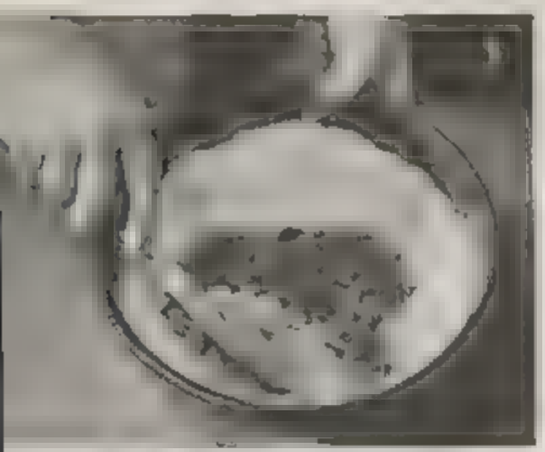
3 tablespoons butter, melted

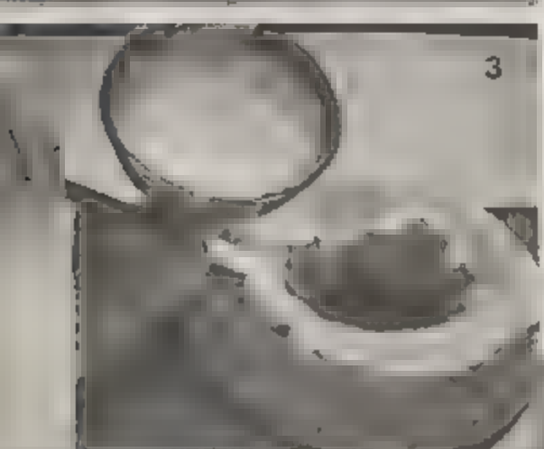
1 cup well drained canned blackberries.

Have ready

Heinz Rice Flakes.

Make a depression in center of dry ingredients, then pour in milk mixture all at once. Immediately, stir vigorously just enough to dampen flour. The batter will look very lumpy. Fill well greased muffin pans three-fourths full, then sprinkle tops generously with Rice Flakes. Bake in a hot oven (425° F.) 20 minutes. Serve at once. (12 muffins)





FRUIT COFFEE CAKE

Sift together

1¾ cups sifted all-purpose flour

2 teaspoons baking powder

¼ cup sugar.

Work in

⅓ cup butter

so the particles of butter and flour range in size from small peas to large beans.

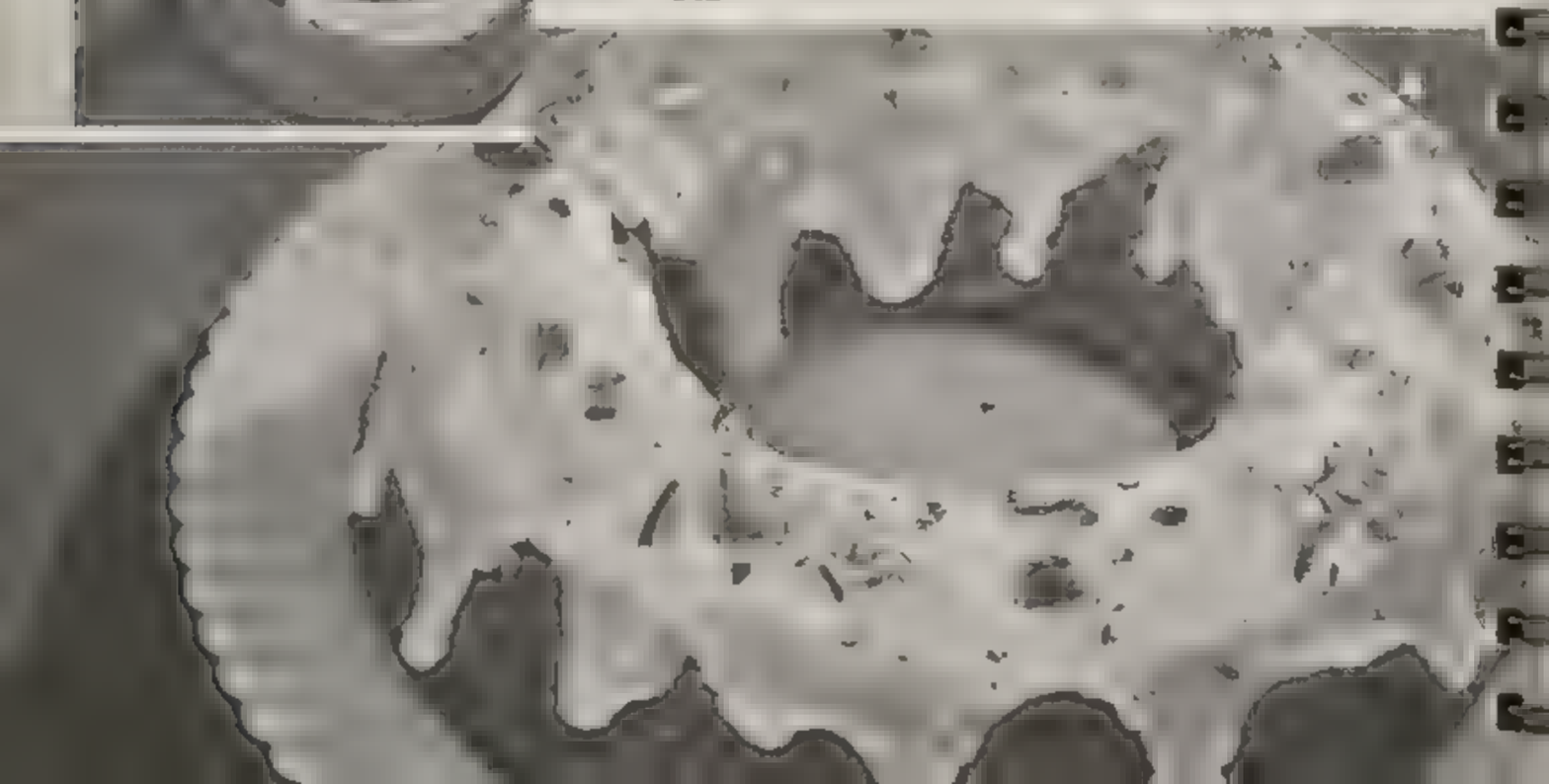
Combine, mixing thoroughly

1 egg, slightly beaten

¼ cup milk

¾ cup Heinz Mince Meat.

Make a depression in center of dry ingredients, then pour in liquid mixture, stirring just enough to mix well (Photo 1). Spoon into a buttered tube pan (Photo 2). Bake in a moderate oven (375°F.) 25 minutes, then remove to cooky sheet and spread with Thin Icing, page 180 (Photo 3). Sprinkle with chopped nuts, then return to oven for 2 minutes. Slide onto cake plate (Photo 4). May be served hot or cold.



BISCUIT STRAWS

Prepare Baking Powder Biscuit dough (page 140). Roll dough to ¼ inch in thickness, then cut into strips ½ inch wide and 4 inches long. Bake in a hot oven (475°F.) 5 to 6 minutes. Serve hot.

MINCE MEAT TEA BISCUITS

Prepare

Baking Powder Biscuit dough (page 140).

Toss on lightly floured board. Roll to ¼ inch in thickness. Spread with

Heinz Mince Meat, drained slightly.

Roll as for jelly roll, then cut into 2 inch lengths with a sharp knife. Pinch one end of each roll together and place pinched end down on baking sheet. (This prevents escape of Mince Meat.) Biscuits may be baked in greased muffin pans, thus producing well shaped biscuits. Bake in a moderate oven (375° F.) 15 minutes.

PEANUT CORN MEAL MUFFINS

Sift together twice

½ cup corn meal
1 cup sifted all-purpose flour
3 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar.

Work in

¼ cup Heinz Peanut Butter

until in as small pieces as possible.

Combine

1 egg, well beaten
¾ cup milk.

Make a depression in flour mixture, then pour in liquid, mixing only enough to dampen flour. Pour into well greased muffin pans, then top with small pieces of raw bacon. Bake in a hot oven (425° F.) about 20 minutes. (12 muffins)

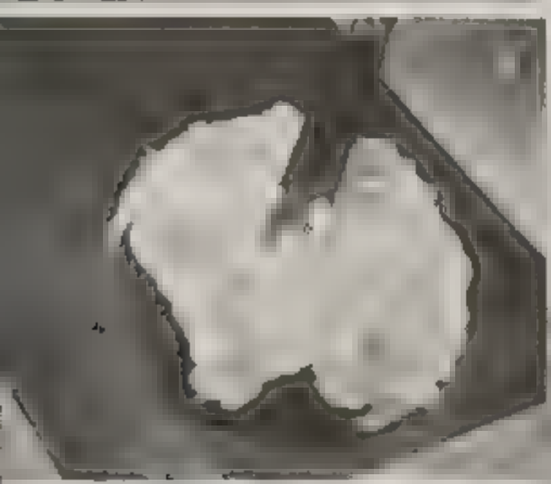
Desserts

AND COOKIES

Meals, like plays, are not completely satisfying without an excellent finale. Often housewives have felt that the preparation of dessert required more time and fussing than any other part of the menu. But not any more. Now even luscious, dark, steamed puddings which required literally hours and hours of preparation, are available in Heinz tins all ready to heat and serve.

In addition to a traditional English Plum Pudding, Heinz also prepares an old-fashioned Date Pudding and a Fig Pudding, which have an extraordinary delicacy of flavor and texture rarely encountered in this type of dessert. Heinz Date and Fig Puddings are becoming increasingly popular as all-year-round desserts. They make a perfect ending to the light, summer meals, especially when served in combination with fruits, berry sauces or with ice cream, as suggested in these recipes.

You will find the preparation of desserts easier and far more interesting if you keep on hand a supply of "57" adjuncts like Heinz spicy deep-brown Apple Butter, Pure Fruit Jellies and Heinz Mince Meat.



HEINZ PUDDINGS, BAKED ALASKA STYLE

Make poinsettias (Hint 4, page 196) from
6 maraschino cherries.
Heat
1 large (1 lb. 11 oz.) can Heinz Fig or Date Pudding or 1 large (1 lb. 14 oz.) can Heinz Plum Pudding
according to directions on label.
Beat until stiff
2 egg whites.
Add
4 tablespoons sugar
beating in a tablespoon at a time.
Fold in
1 teaspoon vanilla.
Open large end of Pudding can with can opener. Turn out onto end of a greased baking sheet (Photo 1). Top with the meringue (Photo 2). Spread meringue leaving an uneven surface (Photo 3). (CONTINUED ON PAGE 147)

HEINZ PUDDINGS, BAKED ALASKA STYLE—Continued

Arrange poinsettias over meringue, then bake in a slow oven (275 F.) 15 minutes, or until very slightly browned. Loosen meringue from baking sheet, then slide Pudding onto cake plate, using spatula. Take immediately to the table. Cut into thin slices (Photo 4) and serve on individual cake plates with hot Lemon Sauce (page 129). Serves 8 to 10.

HEINZ PUDDINGS WITH WHIPPED CREAM SAUCE

Heat according to directions on label

Heinz Fig, Plum or Date Pudding.

Prepare

Whipped Cream Sauce (see label of tin or page 126).

Cut Pudding into pie-shaped pieces and arrange three pieces per serving on plate with narrow edges together. Serve Sauce in center.

HEINZ FIG PUDDING, AUGUST STYLE

Skin, by first dipping in boiling, then in cold water

4 fresh peaches

2 fresh pears.

Cut peaches in halves and pears in quarters.

Heat

1 large (1 lb. 11 oz.) can Heinz Fig Pudding.

Stem, wash, then drain

1 lb. seedless grapes.

Whip until stiff

1 cup (½ pt.) whipping cream.

Place Pudding on large cake plate. Arrange peaches and pears alternately around Pudding with rounding sides up. Sprinkle with grapes, then top Pudding with whipped cream. Serve at once. (Serves 8)

Note:—When preparing peaches and pears in advance, cover with fruit juice, such as pineapple, to prevent discoloring.

PEANUT BUTTER AND BANANA CUSTARD

Peel, then scrape with silver knife

6 bananas.

Cut lengthwise in halves.

Spread cut side of one half of each banana with a thin layer of

Heinz Peanut Butter.

Replace other half and press firmly so as to form whole banana. (Photos 1 and 2, page 94).

Cut crosswise in thin slices into serving dishes. Cover with a generous amount of

Chilled Soft Custard (page 149).

Garnish with cherries, dates, nuts, cocoanut or dried fruit bits. An excellent dessert for children. (Serves 6)

MINCE MEAT UPSIDE DOWN CAKE

Melt

1 tablespoon butter

in a shallow square or oblong baking pan (12″x8″x2″).

Sprinkle with

⅓ cup white or brown sugar.

Spread over sugar

1 cup Heinz Mince Meat.

Cover evenly with

Virginia sponge cake batter (page 157)

or

A plain cake batter.

Bake in a moderate oven (350° F.) approximately 25 minutes for sponge cake or 45 minutes for plain cake. Turn out of pan while hot. Serve hot or cold with whipped cream or Lemon Sauce (page 129). Rings of maraschino cherries may be placed in bottom of pan after sprinkling with sugar, if desired, so as to have a ring of cherry in the center of each serving. (Serves 8)

ECLAIRS WITH ANY SEASON DESSERT

Prepare

Eclair Shells (page 28).

Cut a thin slice from top or make a slit in the side of each. Fill with

Any Season Dessert (page 155)

after chilling the dessert. Or the eclairs may be filled with dessert as soon as it is mixed, then the filled eclairs frozen in refrigerator.

SOFT CUSTARD

Beat slightly

3 eggs.

Add gradually

⅔ cup sugar.

Add, stirring until sugar dissolves

2 cups milk.

Cook over hot water until custard thickens and coats a silver spoon. Add

2 teaspoons vanilla.

Chill. Serve over cakes and puddings or serve as a chilled custard.

PEACH MERINGUES

Drain well

8 large canned peach halves.

Place in shallow baking pan or dish, then fill center of each with

Heinz Currant Jelly.

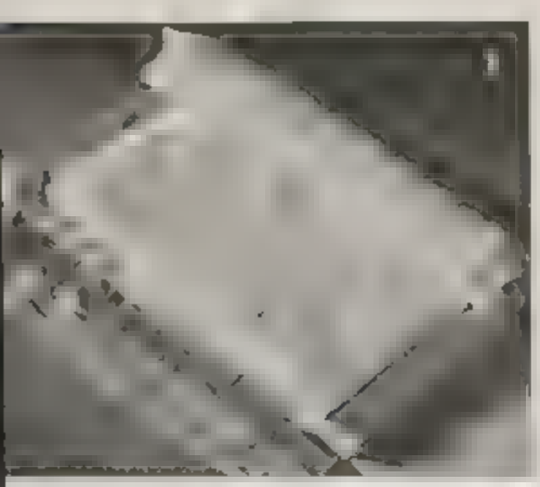
Prepare

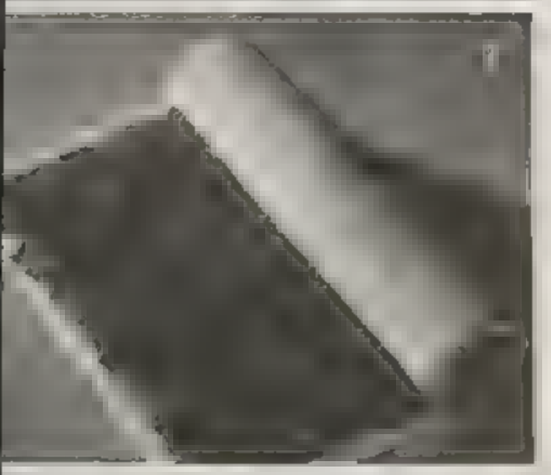
Meringue (page 159).

Cover each peach half with the meringue, pressing it out well to the edges to seal in the Jelly, then sprinkle with

½ cup chopped almonds.

Bake in a slow oven (325 F.) 15 minutes. Serve hot or cold. If baked in a casserole serve at the table from casserole in dessert saucers.





JELLY RINGS

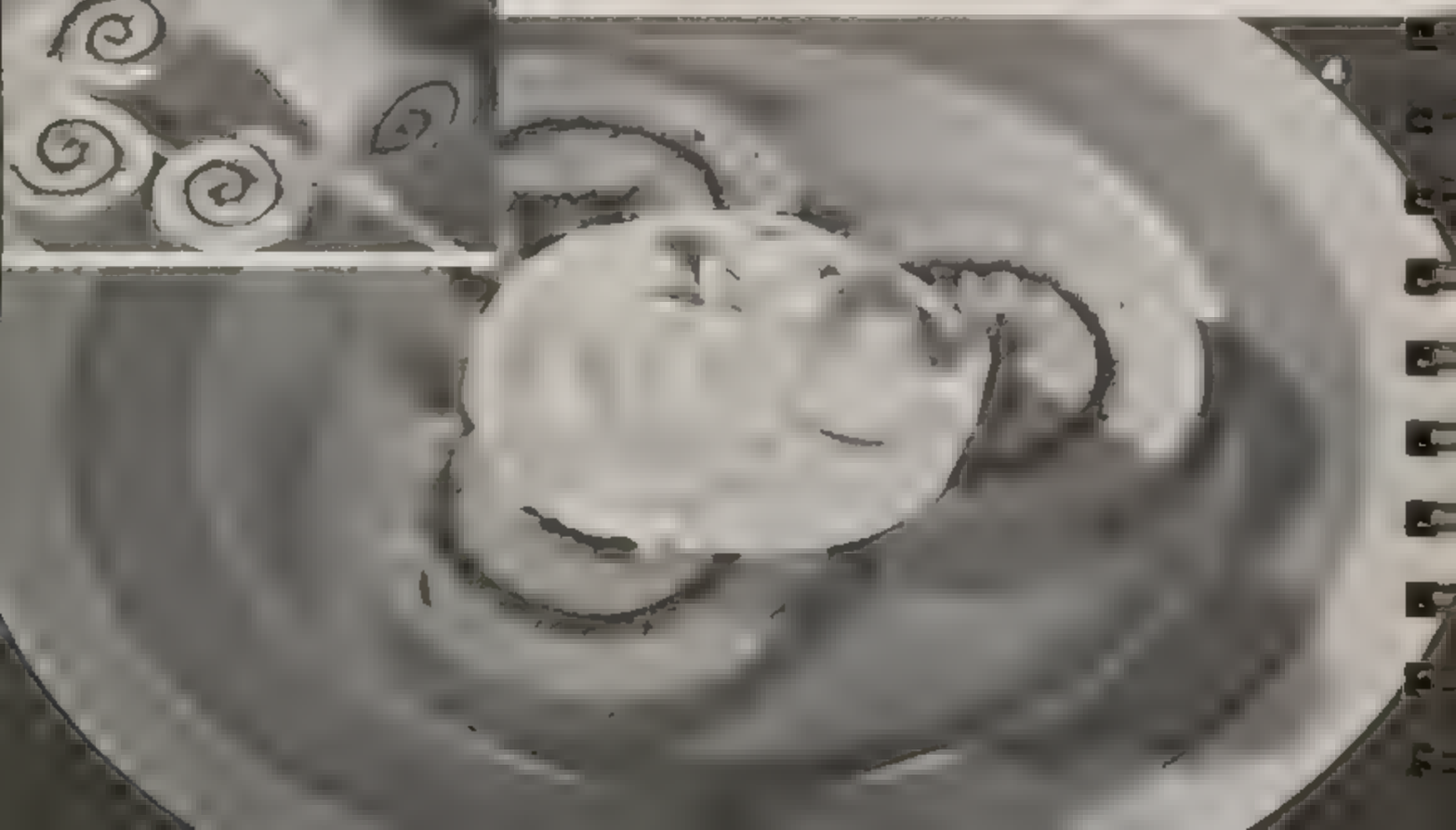
Prepare according to recipe page 151

Sponge Cake.

If small jelly rings are desired bake in two cake pans (8″x8″); medium rings one pan (8″x12″); large rings one pan (10″x14″) doubling the recipe. Bake as directed. Turn out onto damp cloth, remove waxed paper at once, then cut off outside edges ¼ inch. Roll from broad side in the damp cloth, rolling the cloth in with the roll (Photo 1). When cool, unroll and spread with

Heinz Currant Jelly

which has been beaten with a fork, then re-roll as tightly as possible (Photo 2). Place waxed paper around roll an hour or so to hold in shape. Cut roll into one-half inch pieces (Photo 3). To serve, place three rings flat on plate, topping with whipped cream or thick custard (Photo 4).



PEANUT BUTTER FUDGE SUNDAE

Prepare

Peanut Butter Fudge Sauce (page 127).

Serve over

Vanilla ice cream.

Top with both

Whipped cream

Maraschino cherry.

SPONGE CAKE

Sift together once

½ cup sifted cake flour

¼ teaspoon salt.

Beat until frothy

3 egg whites.

Add

1 teaspoon Heinz Pure Cider Vinegar.

Continue beating until egg whites are stiff, or just until dish may be inverted without egg whites slipping out.

Add gradually, beating well after each addition

½ cup sugar.

Beat until thick and lemon colored

3 egg yolks.

Add to yolks

½ teaspoon vanilla.

Fold yolks into whites with a spatula, using long deep strokes and as few as possible. Sift in flour, folding it in gradually with a spatula. Pour into 2 pans (8"x8"), the bottoms of which are lined with waxed paper, spreading until batter is about ¾ inch deep. Bake in a hot oven (425° F.) 8 minutes, or until cake springs back when touched lightly with finger. Batter may be baked in one pan (8"x12") 10 minutes, or recipe doubled and baked in pan (10"x14") 12 to 15 minutes. Turn cake onto cake rack and remove waxed paper at once.

REFRIGERATOR JELLY ROLL

Beat together until stiff

1 unbeaten egg white

⅓ glass Heinz Currant or Grape Jelly.

Spread

18 to 20 vanilla wafers

with this filling, following directions as given in recipe for Apple Butter Refrigerator Roll (page 154).

Sprinkle with

Chopped nuts.

Chill in refrigerator about 4 hours. Slice diagonally as illustrated in photo 4, page 154, and serve.

MINCE MEAT FRUIT CAKE

Sift together once

2½ cups sifted all-purpose flour

1½ teaspoons baking powder

½ teaspoon soda

½ teaspoon salt.

Combine, then mix well

1 medium (1 lb.) tin or jar Heinz Mince Meat

1 cup raisins

1 cup chopped nut meats

1 cup sugar

½ cup butter, melted

1 teaspoon vanilla.

Add

2 eggs

beating thoroughly after each addition.

Fold in dry ingredients.

Pour into a lightly greased tube cake pan, the bottom of which is lined with waxed paper. Bake in a slow oven (325 F.) 1½ hours. Remove from pan at once to cake rack.

THICK BOILED CUSTARD

Scald

2 cups milk.

Combine, then add to scalded milk

¾ cup sugar

⅓ cup flour.

Cook, stirring constantly, until thickened, then add slowly

2 eggs, slightly beaten.

Continue cooking several minutes. Remove from fire, then add

1 tablespoon butter

1 teaspoon vanilla.

If custard should curdle, beat with rotary beater before chilling.

MINCE MEAT CUP CAKES

Sift together

2 cups sifted cake flour

1 teaspoon baking powder

¼ teaspoon soda

¼ teaspoon salt.

Cream

⅓ cup butter.

Add gradually, creaming thoroughly

¾ cup sugar.

Add, beating until fluffy after each

2 eggs.

Add

1 cup Heinz Mince Meat

1 teaspoon vanilla.

Add sifted dry ingredients alternately with

¼ cup buttermilk.

Bake in greased muffin pan- in hot oven (400° F.) 20 minutes. (14 cakes)

Notes:—*1. For special occasions frost cakes, then decorate to suit the occasion.*

2. May be baked in a loaf pan in a moderate oven (375°F.) 50 minutes.

APPLE BUTTER REFRIGERATOR ROLL

Whip

1 cup (½ pt.) whipping cream

just until it begins to hold shape, then fold in gradually

½ cup Heinz Pure Apple Butter.

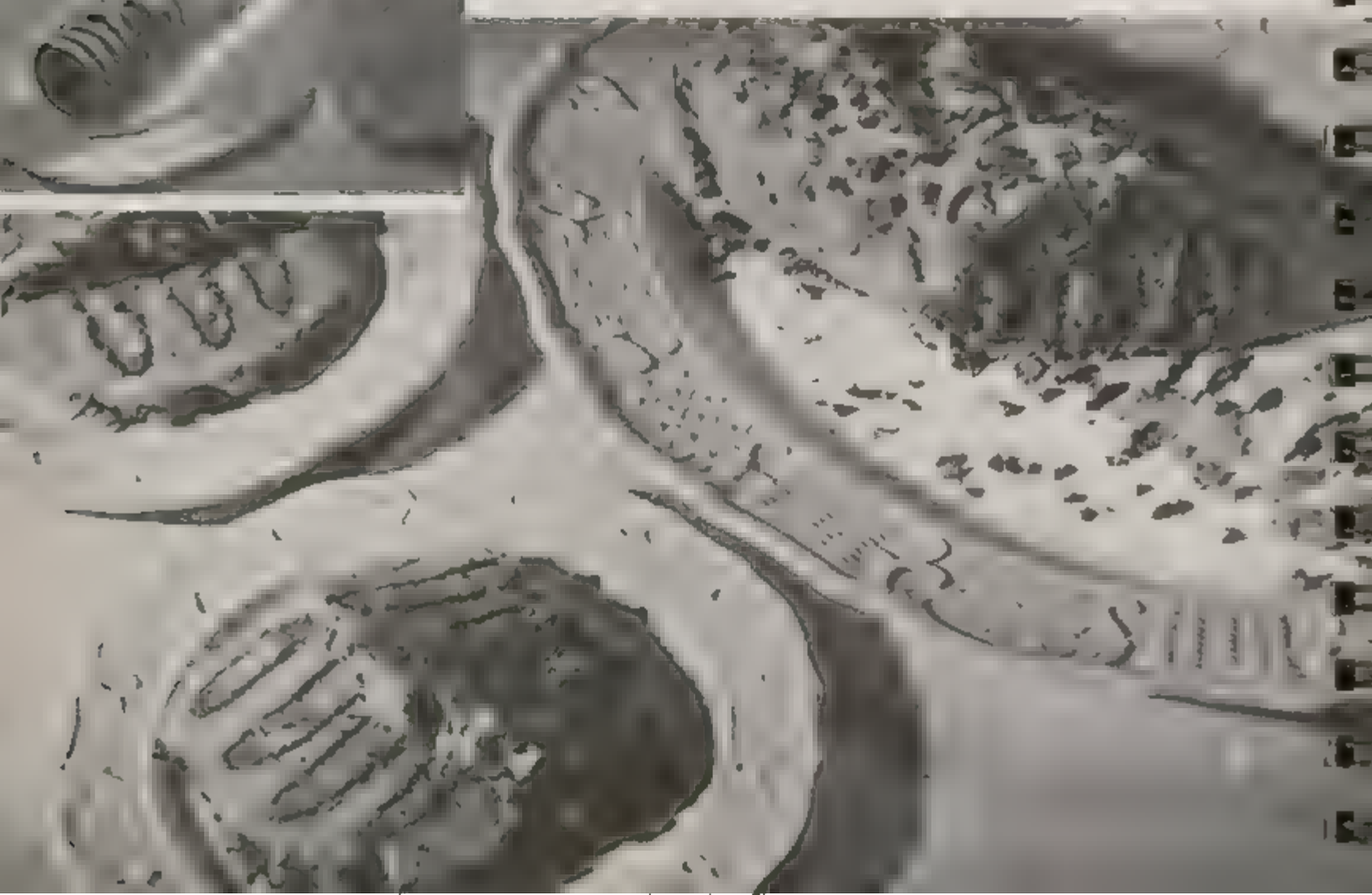
Spread

30 vanilla wafers

with whipped cream mixture, placing in piles as illustrated in photo 1. Form roll on serving dish (Photo 2), then cover top and sides with remaining filling (Photo 3). Sprinkle with

Chopped nuts.

Chill in refrigerator about 3 hours. Cut into diagonal slices and serve on individual plates (Photo 4).



HEINZ PUDDINGS À LA MODE

Heat

Heinz Fig, Plum or Date Pudding

according to directions on label.

Cut in pie-shaped pieces and arrange two pieces per serving on individual plates with narrow edges together.

Place a mound of

Vanilla ice cream

in center, then serve at once.

HEINZ FIG PUDDING WITH CHERRY SAUCE

Heat

1 large (1 lb. 11 oz.) can Heinz Fig Pudding

according to directions on label.

Prepare

Cherry Sauce (page 129)

adding the cherries as suggested in the recipe.

Place whole Pudding on dessert plate, then pour Sauce over top. Take to table and serve at once. (Serves 8 to 10)

Note:—Sauce may be served hot or cold over hot Pudding.

ANY SEASON DESSERT

Break up with fork

½ glass Heinz Currant Jelly.

Whip until stiff

2 cups (1 pt.) whipping cream.

Combine Jelly and cream with

2 doz. marshmallows, cut in eighths (Hint 9, page 197)

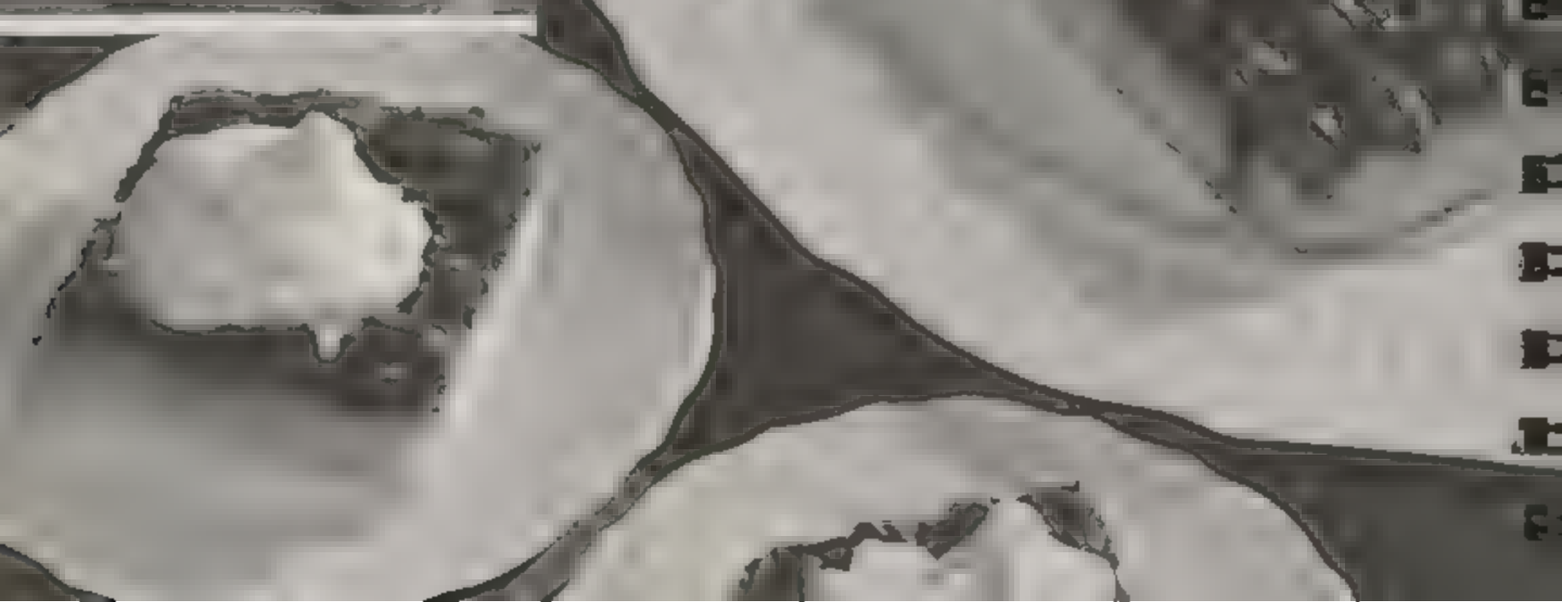
1 cup chopped pecans

2 cups diced peaches, fresh or canned.

Pour into glass dish and chill in coldest part of refrigerator 1 to 6 hours. (Serves 10 to 12)

JELLY PECAN CAKE

Melt in an oblong pan (12″x8″x2″)
2 tablespoons butter.
Beat with fork until very smooth
½ glass Heinz Currant Jelly.
Combine with
¼ cup sugar.
Pour and spread evenly over butter in bottom of pan (Photo 1).
Arrange ¼ inch apart in rows
Whole pecan meats (Photo 2).
Pour in, spreading evenly (Photo 3)
Sponge cake batter (page 157).
Bake in a moderate oven (350°F.) 45 minutes. Turn out of pan while hot. Cake may be served warm or cold. Cut into squares and serve with whipped cream or vanilla sauce (Photo 4).



BAKED APPLES WITH HEINZ MINCE MEAT

Wash and core

6 large red cooking apples.

Be certain to remove all of the core, but do not cut through to the other side of the apple. Pierce with a fork in several places to permit escape of steam. Arrange in a shallow baking dish. Fill cavity of each with

Heinz Mince Meat.

Boil together 6 minutes

1 cup sugar

1½ cups water

including the apple cores since the pectin from cores will thicken syrup. Strain syrup over apples, then sprinkle with sugar. Bake in a hot oven (400 F.) until tender, basting often with the syrup. Serve hot or cold. May be served with whipped cream.

VIRGINIA SPONGE CAKE

Sift together three times

1½ cups sifted cake flour

1 teaspoon baking powder

¼ teaspoon salt.

Beat until thick and lemon colored

2 egg yolks.

Add gradually, beating thoroughly

1 teaspoon vanilla

1 cup sugar.

Add slowly, stirring continuously

½ cup hot water.

Sift in dry ingredients, stirring well.

Fold in

2 egg whites, stiffly beaten.

May be baked in ungreased tube pan in a moderate oven (350 F. 35 minutes. Or bake in two lightly greased pans (8″x8″x2″) in a moderate oven (350°F.) 25 minutes.

MINCE MEAT PIE

Line a 9 inch pie pan with

Pastry (below).

Fill with

1 large (2 lb.) tin or jar Heinz Mince Meat.

Moisten edge of crust with a few drops of water, then place narrow strips of pastry across top of pie in lattice fashion. Cut off ends of strips so they extend ¼ inch from the edge of the pan. Fold ends under lower crust and press edges firmly together with fingers, or tines of a fork which have been dipped in flour. Bake in a hot oven (450 F.) 15 minutes, then reduce temperature and continue baking in a moderate oven (350°F.) about 30 minutes, or until Mince Meat boils.

PLAIN PIE PASTRY

Mix in bowl

2 cups sifted all-purpose flour

1 teaspoon salt.

Work in

½ cup lard or ⅔ cup vegetable fat.

Use two knives, a pastry blender or the tips of the fingers. Do this lightly and deftly so fat does not melt into the flour. When fat and flour are in particles about the size of small beans, add gradually

¼ cup water

or just enough to make a very stiff dough.

Mix only until a smooth dough is formed. Divide dough in half, then roll each half to ⅛ inch in thickness for upper and lower crusts. Fold one sheet of pastry in half, then fit into pie plate and trim edges. Fold upper crust in half, then make three slits, ½ inch in length, in center of folded side. Moisten edges of lower crust with a little water, fill with desired filling, then place upper crust in position. Trim, leaving one inch on all sides. Carefully fold and press down upper crust under lower crust all around the edge. Finish by making a crinkled edge with finger tips or tines of a fork. (1 double or 2 single 9 inch crusts)

MERINGUE FOR PIES

Beat until stiff

2 egg whites.

Add gradually, beating thoroughly after each

4 tablespoons sugar.

Fold in desired flavoring.

BANANA CHIFFON PIE

Prepare

Baked pie shell (See Banana Currant Cream Pie, page 161).

Whip just until stiff enough to hold shape

1 cup whipping cream.

Fold in gradually

⅓ cup Heinz Pure Apple Butter.

Peel

3 ripe bananas.

Place alternate layers of creamed mixture and sliced bananas (slice bananas right into pie shell) in baked pastry shell. Sprinkle with shredded cocoanut. Chill and serve.

MINCE MEAT BLACKBERRY PIE

Line a 9 inch pie pan with

Pastry (page 158).

Drain juice well from

1 No. 2 can blackberries.

Combine blackberries with

1 medium (1 lb.) tin or jar Heinz Mince Meat.

Spread bottom of pastry shell with melted butter. Fill with Mince Meat mixture. Cover with top crust. Bake in a hot oven (450 F.) 15 minutes. Reduce temperature to slow oven (325 F.) and continue baking about 20 minutes, or until pie is browned. Serve warm with sugar sauce, using blackberry juice as the liquid.

MINCE MEAT CUSTARD PIE

Line a 9 inch pie pan with

Pastry (page 158)

as illustrated in photo 1.

Spread over bottom of pastry

1 medium (1 lb.) tin or jar Heinz Mince Meat (Photo 2).

Beat slightly

3 eggs.

Add, mixing thoroughly

⅔ cup sugar

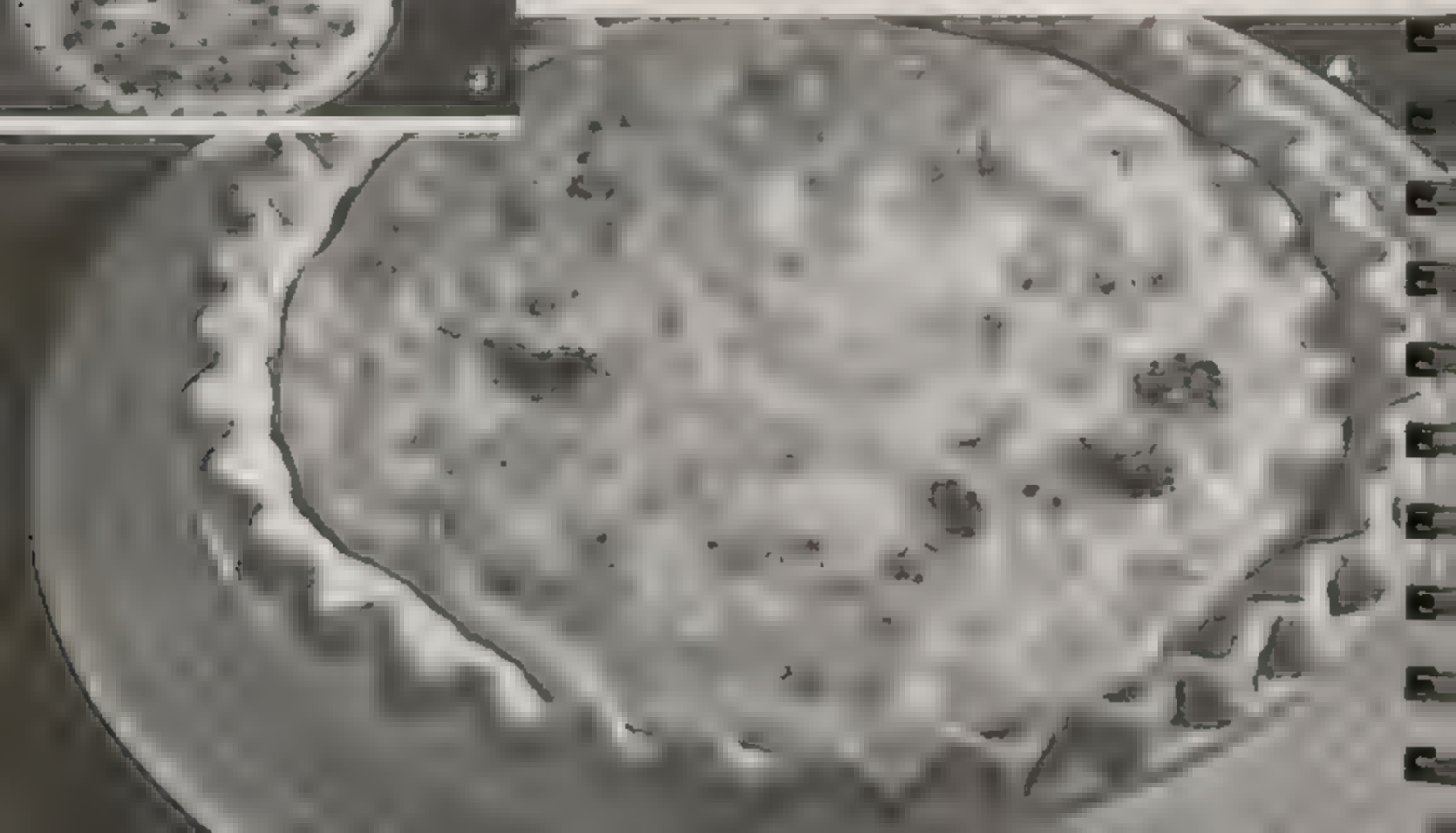
1½ cups milk.

Stir until sugar is dissolved.

Add

1 teaspoon vanilla.

Spoon custard gently over Mince Meat (Photo 3). Place in a hot oven (400°F.), then immediately turn thermostat to moderate oven (360°F.). Bake 45 minutes, or until custard is set (Photo 4).



BANANA CURRANT CREAM PIE

Line a 9 inch pie pan with

Pastry (page 158).

Pierce every inch or so with a fork to prevent blistering. Bake in a hot oven (475 F.) 10 to 12 minutes, or until delicately brown.

Prepare

Thick Boiled Custard (page 153)

decreasing milk by ½ cup and leaving the egg whites out for meringue.

Cool custard, then add

3 well ripened bananas, cut into ¼ inch dice.

Break up with a fork

Heinz Currant Jelly.

Line sides and bottom of baked pie shell with a thin layer of Jelly, pour custard over Jelly, then cover with meringue (page 159). Bake in a slow oven (300 F.) until meringue is golden brown.

MINCE MEAT AND APPLE CRUMB PIE

Line a 9 inch pie pan with

Pastry (page 158).

Spread over bottom of pastry

1 medium (1 lb.) tin or jar Heinz Mince Meat.

Combine, then arrange over Mince Meat

2 cups sliced apples

⅓ cup sugar (approximately).

Combine

½ cup sifted all-purpose flour

⅓ cup sugar.

Work in

4 tablespoons butter, well chilled.

Sprinkle crumb mixture over apples. Bake in a hot oven (450 F.) 10 minutes, then reduce temperature and continue baking in a moderate oven (375 F.) 30 minutes. Serve warm.

SHAGGIES

Sift together three times

1¼ cups sifted all-purpose flour

¾ teaspoon baking soda

½ teaspoon baking powder.

Cream together

½ cup butter or vegetable fat

½ cup Heinz Peanut Butter.

Add gradually, creaming thoroughly

1 cup brown sugar.

Add

½ teaspoon salt

1 egg

1 teaspoon vanilla.

(CONTINUED ON PAGE 163

SHAGGIES—Continued

Beat well, then add sifted dry ingredients gradually, mixing well. Chill until firm. Have ready

Melted bitter or sweet dipping chocolate

Shredded cocoanut

Pecan halves.

Pinch off bits of dough and roll between the palms of the hands into small balls. Place some of balls on lightly greased cooky sheet, then press flat with tines of fork which have been dipped in the melted chocolate (Photo 1). Press other balls down into shredded cocoanut, then place on cooky sheet (Photo 2). Press pecan halves into remaining balls (Photo 3). Bake in a moderate oven (350 F.) about 12 minutes. Remove from cooky sheet at once. Cookies are soft at first but become crisp upon cooling (Photo 4). (Makes 6½ doz. cookies)

OATMEAL COOKIES

Sift together twice

1½ cups sifted cake flour

¼ teaspoon baking soda

½ teaspoon salt.

Cream

⅓ cup butter.

Add gradually, creaming thoroughly

¾ cup light brown sugar, firmly packed.

Add, beating until light and fluffy

1 egg.

Add, blending well

1 cup oatmeal, uncooked

½ cup chopped nut meats

1 cup Heinz Mince Meat.

Add, all at once, the sifted ingredients. Stir until flour disappears. Drop by tablespoons onto lightly greased cooky sheet. Bake in a moderate oven (375° F.) 12 to 15 minutes. (2½ doz. cookies)

MINCE MEAT FRUIT FINGERS

Sift together

1¼ cups sifted all-purpose flour

1 teaspoon baking powder

⅛ teaspoon salt.

Beat

3 eggs

until light and fluffy, then add gradually, beating well

1 cup sugar.

Fold in sifted dry ingredients, then

1 cup Heinz Mince Meat

1 cup chopped nuts.

Pour into a greased shallow pan (14"x9"), lined with waxed paper, and bake in a slow oven (300° F.) 30 minutes. Cut, while warm, in narrow strips and roll in powdered sugar.

PEANUT BUTTER DROP COOKIES

Sift together

1 cup sifted cake flour

2 teaspoons baking powder.

Combine, creaming thoroughly

½ cup Heinz Peanut Butter

⅓ cup butter

½ cup sugar.

Add

2 eggs

beating until fluffy after each.

Add, mixing well

1 cup raisins or dates or figs, or 1 cup of the three combined.

Add sifted ingredients alternately with

¼ cup milk.

Drop by teaspoons onto a lightly greased cooky sheet. Bake in center of a moderate oven (350° F.) 10 minutes or until delicately browned.

HONEY DATE BARS

Cut into quarters

1 lb. pitted dates.

Add, mixing thoroughly after each addition

½ cup chopped nut meats

2 eggs

¾ cup honey

½ cup sifted all-purpose flour

½ cup Heinz Rice Flakes, crushed before measuring.

Spread evenly in greased pan (8"x8"x2") to ¾ inch thickness. Bake in moderate oven (375°F.) 35 minutes. Cool slightly in pan. Turn out onto rack. When cool enough, cut in bars and roll in powdered sugar.

RICE FLAKES CRISPS

Sift together three times

2 cups sifted all-purpose flour

1 teaspoon baking soda

½ teaspoon baking powder

½ teaspoon salt.

Cream

1 cup butter.

Add gradually, creaming thoroughly

1 cup granulated sugar

1 cup brown sugar.

Add

2 eggs

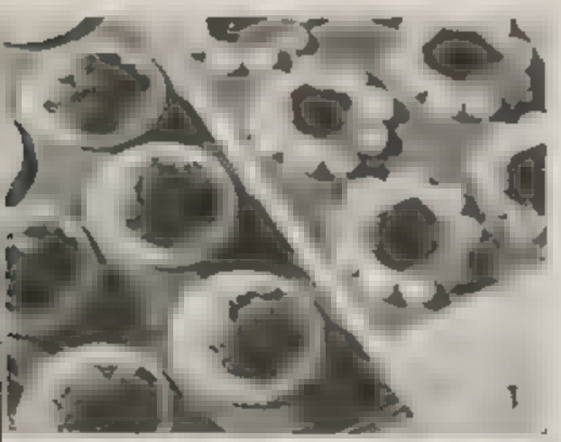
1 teaspoon vanilla.

Continue beating until fluffy. Add sifted dry ingredients and mix well. Add, mixing thoroughly

1 cup shredded cocoanut

4 cups Heinz Rice Flakes.

Shape into balls the size of walnuts. Place on lightly greased cooky sheet. Bake in a moderate oven (375°F.) 10 minutes. (6½ doz. cookies.)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FILLED SUGAR COOKIES

Prepare cooky batter according to recipe for Crisp Sugar Cookies (page 167). Roll dough to ⅛ inch in thickness and cut with a medium sized plain cooky cutter and a cutter with a scalloped edge. Place cookies on lightly greased cooky sheet, then place in center of cookies a heaping teaspoon of Mince Meat Filling (page 169) or Heinz Currant Jelly (Photo 1). Cover plain cookies with cookies of equal size and the scalloped cookies with ones from which centers have been removed (Photo 2). Press edges of plain cookies together with tines of a fork which have been dipped in flour (Photo 3). Bake in a hot oven (400 F.) 15 minutes. Remove from pans at once onto cake rack (Photo 4).

Cooky Filling Variations page 167.

FILLING VARIATIONS

1. Combine:—

½ glass Heinz Currant Jelly

¼ cup chopped nuts.

2. Combine: –

½ cup Heinz Pure Apple Butter

½ cup chopped nuts

½ cup raisins.

3. Combine:—

½ cup Heinz Pure Apple Butter

or ½ cup Heinz Currant Jelly

½ cup shredded cocoanut.

CRISP SUGAR COOKIES

Sift together

3¼ cups sifted all-purpose flour

4 teaspoons baking powder

¾ teaspoon salt.

Cream

½ cup butter.

Add gradually, creaming thoroughly

1¼ cups sugar.

Add

1 egg.

Beat mixture until fluffy.

Add sifted dry ingredients alternately with

¼ cup milk

beating until smooth after each addition.

If time permits, chill dough for an hour or so in coldest part of refrigerator, as it makes the dough easier to roll. Roll to ⅛ inch in thickness and cut into desired shapes. Place on greased cooky sheet and sprinkle cookies with sugar. Bake in a hot oven (400 F.) for 8 to 10 minutes, or until browned lightly.

MINCE MEAT DROP COOKIES

Sift together

2½ cups sifted all-purpose flour

4 teaspoons baking powder

½ teaspoon salt.

Cream

½ cup butter.

Add gradually, creaming thoroughly

1 cup sugar.

Add, beating until fluffy after each

2 eggs.

Add

1 medium (1 lb.) tin or jar Heinz Mince Meat.

Fold in the sifted dry ingredients. Drop by teaspoons on greased cooky sheet. Bake in a hot oven (400°F.) 15 minutes.

HAWAIIAN MINCE MEAT JUMBLES

Sift together

2 cups sifted all-purpose flour

1½ teaspoons baking powder

¼ teaspoon salt.

Cream

½ cup butter.

Add gradually, creaming thoroughly

1 cup sugar.

Add, beating until fluffy after each

2 eggs.

Add

½ teaspoon each vanilla and almond extract

then the sifted dry ingredients, mixing well.

Drop by tablespoons onto slightly greased cooky sheet. Form a depression and heap Mince Meat Filling (page 169) in center of each. Bake in a hot oven (400°F.) 12 to 15 minutes.

MINCE MEAT FILLING FOR COOKIES

Blend

2 tablespoons flour

½ cup pineapple juice.

Add

1 cup crushed or finely diced pineapple

1 cup Heinz Mince Meat

½ cup chopped nut meats.

Cook, stirring constantly, until thickened.

Cool.

Note: *Heinz Currant Jelly may be substituted for this filling, sprinkling each with cocoanut or chopped nuts.*

OLD-FASHIONED MOLASSES COOKIES

Sift together

3¾ cups sifted all-purpose flour

2 teaspoons baking soda

½ teaspoon salt

1 teaspoon ginger.

Cream

⅓ cup butter.

Add gradually, creaming thoroughly

⅔ cup sugar.

Add, beating until fluffy

1 egg.

Add, blending well

¼ cup Heinz Pure Apple Butter

1 cup molasses.

Add sifted dry ingredients and mix thoroughly.

Chill for two hours or more. Roll as thinly as possible and cut into large cookies. Place on a lightly greased cooky sheet and bake in a moderate oven (375 F.) about 10 minutes. These cookies are crisp when baked, but if a soft cooky is desired, store in tin for a day or so.

Candies & FROSTINGS

A gift of homemade candy, cookies or exquisite little frosted cakes is always gracious—and welcome. On this page, you will perhaps gather some workable suggestions on gift wrappings for your homemade delicacies.

Even if you have never made candy before, you should have no difficulty in following these recipes and the photographic, step by step instructions. However, we do earnestly recommend the use of a candy thermometer. They pay for themselves many times over.

Many people are surprised to see how many candy and frosting recipes require a dash of Heinz Pure Cider Vinegar. The amount of vinegar used does not in any way alter the flavor of candies but its use is important to prevent large crystals from forming. Heinz Pure Vinegar gives a finer texture, a smoother and more shiny surface to candies and frostings.

Many delicate tints and unusual flavor combinations can be obtained through the use of Heinz Pure Fruit Jellies—and Heinz Peanut Butter. Notice especially the recipe for uncooked peanut butter candy on page 175, and chocolate rice flakes clusters on page 176. Both are simple, wholesome confections particularly popular with children.

1

RICE FLAKES CANDIES

Combine in saucepan

1 cup granulated sugar

1 cup brown sugar

⅔ cup dark corn syrup

½ cup water

1 tablespoon butter

2 teaspoons Heinz Pure Cider Vinegar.

Cover and boil until syrup forms a medium soft ball (240°F.) when tested in cold water. Cool slightly, then add

1 teaspoon vanilla.

Pour syrup gradually, stirring gently, over

1 package Heinz Rice Flakes

1 cup peanuts or other nuts (Photo 1).

Pour onto buttered cooky sheet or in pan (Photo 2). As soon as candy on sheet is cool enough to handle, form into balls, or if poured into pan, cool, then cut in narrow strips (Photo 3). Wrap and cut as illustrated (Photo 4).

4

SNOW WHITE FONDANT BASE

Combine in order given, blending well

3 cups sugar

¼ teaspoon salt

½ tablespoon Heinz Pure Cider Vinegar

1 cup water.

Wipe sugar from sides of pan. Cover and cook slowly until sugar melts, then cook rapidly until syrup forms a very soft ball (230 F.) when a few drops are tested in cold water. Cool to 120 F., or until hand may be held on bottom of pan comfortably. Beat until creamy and firm enough to be handled. Knead until all is of same consistency. Store in a covered jar or dish if not to be used immediately.

Uses for Fondant:

1. Stuff seeded dates and roll in powdered sugar.
2. Mix with cocoanut and form into mounds.
3. Surround whole nuts and form into desired shapes.
4. Flatten to ¼ inch, spread with ¼ inch Heinz Peanut Butter, roll tightly, then slice to form pin wheels.
5. For delicious bon bons, melt a portion over hot water, then add desired coloring, or bitter chocolate to taste. Form another portion of the fondant into balls, with a nut meat in the center. Place each piece on a toothpick or hat pin and dip down into the melted fondant. Place on waxed paper to cool, removing the toothpick at once.
6. To make mint patties, melt fondant over hot water, add desired amount of peppermint extract, then pour into small molds of desired shapes; or pour by teaspoonfuls onto a marble slab.
7. Color each of three portions a different color. Flatten to ¼ inch, then stack. Slice to form candy ribbon sandwiches.

VERMONT FONDANT BASE

Follow recipe for preparing Snow White Fondant (above), reducing water to ½ cup and adding 1 cup maple syrup.

CREAM CARAMELS

Combine

2 cups sugar

1 teaspoon Heinz Pure Cider Vinegar

¾ cup corn syrup

⅓ cup butter

¾ cup coffee cream or evaporated milk.

Cook, stirring constantly, until boiling briskly, then add an additional

¾ cup coffee cream or evaporated milk.

Continue cooking, stirring briskly all the time, until syrup forms a very firm ball (246 F.) when tested in cold water. Remove from fire, allow to stand for several minutes, then add

2 teaspoons vanilla

1 cup chopped nut meats.

Pour into a well buttered pan. Cool thoroughly, then turn out of pan onto a table. Cut in strips, then in squares. Wrap in waxed paper

CREAMED BLACK WALNUT TAFFY

Combine, mixing thoroughly

3 cups brown sugar, packed

1 tablespoon Heinz Pure Cider Vinegar

¾ cup water

Pinch of salt.

Cook to soft crack stage (265 F.) when tested in cold water.

Sprinkle

½ cup black walnuts, finely chopped

over bottom of a well buttered shallow pan, then pour syrup over top. As soon as cool enough to handle, lap cooled edges toward center until cool enough to pull. Pull until quite stiff and porous. Draw into sticks ½ inch in diameter. Or divide into three portions, pull each to ½ inch in diameter, then twist in plait fashion. Mark into one inch lengths. When cold break into pieces. Place in tin 24 hours to cream.

CHOCOLATE CARAMELS

Follow recipe for preparing

Cream Caramels (page 174).

Add to the sugar mixture before cooking

3 oz. bitter chocolate.

Note:—Syrup scorches easily, so very brisk stirring is necessary. Reduce temperature to 244°F. to produce a slightly softer caramel.

UNCOOKED PEANUT BUTTER CANDY

Combine

½ cup Heinz Peanut Butter

⅔ cup sweetened condensed milk.

Add alternately

1¾ cups (½ lb.) powdered sugar

3½ cups (½ lb.) cocoanut.

Pack in tin or glass, lined with waxed paper, and let set for 4 to 5 hours. Remove from container, then slice. (Makes 1½ lbs. candy)

DIVINITY FUDGE

Combine

2 cups sugar

½ cup dark corn syrup

½ cup water

1 teaspoon Heinz Pure Cider Vinegar.

Cook slowly, without stirring, to soft crack stage (265° F.) when tested in cold water. Pour gradually, beating continuously, over

2 egg whites, stiffly beaten.

Continue beating until creamy.

Add

¾ cup chopped nut meats

1 teaspoon vanilla.

Pour into a buttered pan and cut in squares. Candied cherries may be chopped and added with the nut meats.

CHOCOLATE RICE FLAKES CLUSTERS

Melt over hot water

½ lb. sweet dipping chocolate.

Add

2 cups (⅓ box) Heinz Rice Flakes

1 cup shelled peanuts.

Stir gently until Rice Flakes and peanuts are well coated with chocolate. Drop by tablespoons on waxed paper. Cool.

CHOCOLATE FUDGE

Melt, then brown slightly

3 tablespoons butter.

Add, blending well

3 cups sugar

1 teaspoon Heinz Pure Cider Vinegar

3 tablespoons dark corn syrup

Pinch of salt

¾ cup milk.

Wipe sugar from sides of pan, then cover and bring slowly to a boil. Add

3 oz. bitter chocolate, cut into small pieces.

Boil rapidly until syrup forms a very soft ball (236 F. when a few drops are tested in cold water. Cool to 120 F., or until hand may be held on bottom of pan comfortably.

Add

1 teaspoon vanilla.

Beat until candy begins to cream and to hold shape. Quickly pour into a buttered pan, spread to 1 inch in depth, then cut into blocks when firm. Add 1 cup nut meats when candy begins to cream, if desired.

Note:—*If candy has a tendency to stick to bottom of pan, stir gently from bottom just as little as possible, as much stirring may cause candy to sugar. Keep the candy covered during cooking as much as possible to prevent crystallization on the sides of the pan.*

PEANUT BUTTER PILLOWS

Combine, mixing after addition of each

1 cup sugar

½ tablespoon cornstarch

½ cup water

⅔ cup dark corn syrup

1 tablespoon butter.

Cover and boil until syrup spins short threads or forms a very firm ball (254 F.) when tested in cold water. Pour onto greased cooky sheet, let stand until cool enough to handle, then pull until light in color.

Work into taffy

4 tablespoons Heinz Peanut Butter.

Continue pulling until very stiff. Pull out to ¾ inch in width, then mark while soft with knife into ½ inch lengths. When cold, break into pieces. May be wrapped in waxed paper.

SEA FOAM NUT CLUSTERS

Combine, beating thoroughly

1 cup granulated sugar

2 cups brown sugar

1 cup water

¼ teaspoon salt

1 teaspoon Heinz Pure Cider Vinegar.

Cover and cook until sugar dissolves. Continue cooking until syrup forms a very firm, but not brittle ball (255 F.) when tested in cold water. Remove from fire, then gradually pour syrup over

2 egg whites, stiffly beaten.

Beat continuously while adding syrup, then continue beating until candy holds shape.

Add

1 teaspoon vanilla

1 cup chopped walnuts or pecans.

Drop by teaspoons on waxed paper.

HALLOWE'EN HOBGOBLINS

Steam in sieve over boiling water 5 minutes

10 dried figs

10 large dried prunes.

Double recipe and prepare

Rice Flakes Candy (page 172).

Make half of candy into balls, then insert skewers (Photo 1). Open figs, then prunes, removing seeds. Fill cavities with candy. For facial features insert pieces of

Blanched almonds.

Next run onto skewer, holding by candy ball, a

Marshmallow

then a prune or fig head (Photo 2).

Combine and boil to hard crack stage (270 F.)

1 cup sugar

½ cup boiling water

1 teaspoon Heinz Pure Cider Vinegar.

Dip just the heads into syrup (Photo 3). Top with a slice of maraschino cherry (Photo 4).

BOILED FROSTING

Combine

2 cups sugar

½ cup cold water

1 teaspoon Heinz Pure Cider Vinegar.

Cook, without stirring, until syrup spins long threads (214-246 F.) that do not shrink. Keep lid on pan except when testing syrup.

Pour slowly, beating continuously, over

2 stiffly beaten egg whites.

Add

1 teaspoon vanilla.

Beat until thick enough to hold shape. Spread over cake.

FRUIT FLUFF FROSTING

Combine in top of double boiler

1 unbeaten egg white

1 glass Heinz Currant or Grape Jelly

Pinch of salt.

Beat constantly with rotary beater over hot water until frosting holds shape (about 6 minutes). Frost cake day to be used.

SEA FOAM FROSTING

Combine

1 cup brown sugar

1 cup granulated sugar

⅔ cup water

1 tablespoon Heinz Pure Cider Vinegar.

Cook until syrup spins long threads (244-246°F.).

Pour slowly, beating continuously, over

2 stiffly beaten egg whites.

Add

1 teaspoon vanilla.

Continue beating until thick enough to hold shape. Spread over cake.

FROSTINGS

LEMON ICING

Add sufficient

Lemon juice

to

1½ cups powdered sugar

to make a good consistency to spread on cookies.

PEANUT BUTTER FROSTING

Combine, mixing thoroughly after each addition

3 tablespoons Heinz Peanut Butter

1 tablespoon cream or top milk

2 tablespoons strong cold coffee

1 teaspoon vanilla

Powdered sugar (about 1½ cups).

THIN OR CONFECTIONER'S ICING

Add sufficient

Powdered sugar

to

1 tablespoon milk

to make a rather stiff mixture. Spread over Fruit Coffee Cake (page 142). Sprinkle with chopped nuts.

PASTEL FONDANT FROSTING

Prepare

Snow White Fondant (page 173).

After beating until creamy, divide into portions, then tint with

Vegetable colorings.

Dip cup cakes into frosting, or spread with frosting (Photo. page 170).

Note: *If frosting becomes too hard for dipping or spreading, a small amount of water may be added, or the frosting may be kept soft over hot water.*

FLUFFY CARAMEL FROSTING

Prepare according to directions given for

Snow White Frosting (below)

substituting for the granulated sugar

1¼ cups brown sugar.

FLUFFY COCOANUT FROSTING

Prepare according to directions given for

Snow White Frosting (below)

folding in at the end

¾ cup cocoanut.

Spread frosting over cake so that the frosting stands up in peaks. Sprinkle with cocoanut.

UNCOOKED FROSTING

Combine alternately

3 cups powdered sugar

½ cup coffee cream.

Add, mixing until smooth

⅛ teaspoon salt

¼ teaspoon almond extract.

SNOW WHITE FROSTING

Combine, mixing well

1 cup sugar

⅓ cup water

1 teaspoon Heinz Pure Cider Vinegar.

Cover and bring to a boil, then boil 2 minutes. Pour slowly over

1 unbeaten egg white

in bowl of electric mixer, turning mixer to high speed just as you begin to add syrup. Beat 7 to 10 minutes or until frosting forms peaks, then add

1 teaspoon vanilla or other flavoring.

JOT down favorite menus on cards and file in your recipe box, conveniently placed, for future reference. A menu receiving praise is worth repeating—not *too* soon, however—but make a note of it before it is forgotten.

Menus

Memorable meals are made up not merely of good food but also of excellent combinations of food—foods planned to complement each other in color, texture and flavor as well as nourishing qualities.

Modern housewives, of course, have a tremendous advantage over their forbears. Our task of meal-planning is infinitely easier because of the all-year-round abundance of fresh fruits and vegetables—and the instant availability of such excellent homemade foods as Heinz 57 Varieties.

It is quite possible to prepare a complete and delightful meal in a matter of minutes from tins of Heinz ready-to-serve viands. A number of such meals are featured in these next pages.

Keep an emergency shelf in the pantry stocked with Heinz Home-style Soups, Heinz Cooked Macaroni, Spaghetti and Oven-Baked Beans, Heinz myriad and delicious Relishes, Heinz Vinegars and Olive Oil for salads, and Heinz Puddings and Pure Fruit Jellies. Make it a household rule to replenish these supplies as you use them. In this case you can be sure that your Quick-Feast shelf is ready and waiting when you need it.

Naturally you will wish, from time to time, to make substitutions in these menus as you use them. But when you do, be careful to substitute foods of the same general type.

If the menu-plan suggests Heinz Cream of Mushroom Soup, for example, Cream of Celery might fit in very well. But do not serve a cream soup and a creamed vegetable at the same meal. Try to include in your meals foods that provide interesting contrasts in flavor, texture and appearance.

MENUS · for Company . .

ONE

Heinz Consommé, Chilled

Toast Straws Heinz Sweet Mixed Pickles

Baked Fish with Cucumber Sauce (page 33)

New Potatoes, Pan Fried

Tomato Slices with Heinz Mayonnaise

Fresh Raspberry Cobbler

TWO

Steak Smothered in Onions (page 19)

Casserole of Heinz Cooked Macaroni

Buttered Squash

Apple, Pear and Grape Salad with Honey French Dressing (page 66)

Hot Rolls

Mince Meat Upside Down Cake (page 148)

THREE

Heinz Chicken Gumbo (Creole) Soup

Broiled Canadian Style Bacon

Heinz Oven Baked Beans, Vegetarian Style

Cabbage and Celery Salad

Heinz Pure Apple Butter Corn Muffins

Heinz Date Pudding with Apricot Sauce (page 127)

..and Family Dinners

FOUR

Heinz Vegetarian Soup

Thin Wafers **Heinz Fresh Cucumber Pickle**

Ham Loaf with Sweet and Irish Potatoes (page 24)

Buttered Onions **Green Beans**

Buttered Rolls

Any Season Dessert (page 155)

FIVE

Leg of Lamb (page 23) **with Stuffed Green Peppers** (page 59)

Heinz Fresh Cucumber Pickle **Celery Curls**

Buttered Onions **Creamed Whole Kernel Corn**

Fresh Fruit Salad with Mellow French Dressing (page 66)

Mince Meat and Apple Crumb Pie (page 161)

SIX

Southern Winter Fried Chicken (page 29)

Heinz Preserved Sweet Pickled Onions **Iced Celery**

Mashed Potatoes **Corn Pudding**

Harvard Beets (page 56)

Fresh Fruit Salad with Heinz Mayonnaise

Heinz Plum Pudding with Hard Sauce (page 130)

Quick-to-Fix . .

ONE

Heinz Oven Baked Beans Topped with
Sautéed Chipped Beef
Buttered Whole Kernel Corn Tomato Slices
Butter Whole Wheat Bread
Fruit Salad with Cheese Wafers

TWO

Heinz Cooked Macaroni in Cream Sauce with Cheese
Grilled Tomatoes in Bacon Jackets (page 54)
Fresh Fruit and Pecan Salad
Heinz Grape Jelly Whole Wheat Muffins

THREE

Heinz Tomato Juice, Hot or Cold
Crisp Waffles Bacon or Sausages
Heinz Pure Apple Butter Maple Syrup
Peach Meringues (page 149)

FOUR

Spaghetti with Sliced Frankfurters (page 51)
Mixed Greens with Piquante French Dressing
(page 67)
Butter Whole Wheat Bread
Apple Butter Refrigerator Roll (page 154)

FIVE

Heinz Cream of Mushroom or Cream of Spinach Soup

Sandwich Spread and Egg Sandwich (page 116)

Cabbage and Cucumber Pickle Salad (page 81)

Canned Red Plums Rice Flakes Crisps (page 165)

SIX

Macaroni, Shrimp and Tomato Casserole (page 32)

Summer Vegetable Salad Bowl with French Dressing (page 64)

Butter Hard Rolls

Raspberries Crisp Sugar Cookies (page 167)

SEVEN

Heinz Cream of Green Pea Soup Crackers

Heinz Peanut Butter and Currant Jelly Sandwich

Apple and Celery Salad

Mince Meat Drop Cookies (page 168)

EIGHT

Dried Beef Creamed with Mushrooms and Noodles (page 19)

Lettuce Salad with Russian Dressing (page 71)

Heinz Currant Jelly Hot Biscuits

Heinz Fig Pudding with Apricot Sauce (page 127)

MENUS · Using . .

ONE

Heinz Vegetarian Soup

Macaroni and Meat En Casserole (page 43)

Head Lettuce and Sliced Cucumber Salad

Heinz Grape Jelly Hot Muffins

Banana Chiffon Pie (page 159)

TWO

Spaghetti and Ham Soufflé (page 51)

Buttered Spinach or Green Beans

Mixed Vegetable Salad Heinz Mayonnaise

Filled Sugar Cookies (page 166)

THREE

Spaghetti and Meat Pie (page 48)

Green Beans au Gratin

Combination Vegetable Salad with Mayonnaise and Chopped Pickle Dressing

Banana Currant Cream Pie (page 161)

FOUR

Breaded Cold Meats (page 20)

Creamed New Potatoes Spinach Loaf (page 55)

Heinz Fresh Cucumber Pickle

Fresh Berries with Cream

. . Premeditated Left-Overs

FIVE

Barbecued Meat Slices (page 18)

Heinz Oven Baked Beans, Vegetarian Style

Buttered Broccoli Heinz Apple Butter

Poppy Seed Twists (page 138)

Heinz Fig Pudding à la Mode (page 155)

SIX

Meat and Vegetable Hash on Toasted Rolls (page 19)

Sweet Potato Puffs (page 58) Buttered Asparagus

Heinz Preserved Sweet Gherkins

Mince Meat Pie (page 158)

SEVEN

Meat and Vegetable Pie (page 22) Baked Onions

Apricot Salad

Cranberry Jelly Hot Biscuits

Lemon Sherbet Layer Cake

EIGHT

Baked Hash (page 23) French Fried Onions

Lettuce Salad with Vegetable French Dressing

(page 66)

Heinz Grape Jelly Whole Wheat Bread

Baked Apple with Heinz Mince Meat (page 157)

Sandwich and . .

AFTER THE THEATRE

Open Tomato Rarebit Sandwich (page 117)

Hot Potato Chips

Molded Pineapple and Cucumber Salad (page 83)

SUMMERTIME PLATE

Combination Pyramid Sandwich (page 111)

Iced Radishes

A Garden Vegetable Salad Bowl with

Club French Dressing (page 66)

ON A SUNDAY NIGHT

Fluted Egg Salad (page 92)

Potato Chips

Heinz Pure Apple Butter Heated Rolls

CHILDREN'S PLATE

Banana and Peanut Butter Salad (page 94) with

Heinz Mayonnaise

Jelly Sandwiches

A TWOSOME PLATE

Open Minced Ham and Bean Sandwich (page 122)

Head Lettuce Salad with Vegetable French

Dressing (page 66)

..Salad Plates

SALAD FOR DESSERT BRIDGE

Fruit Salad Dessert Molds (page 101)

Nut Bread Sandwiches

Chocolate Mints Salted Nuts

A SUPPER SNACK

Hot Open Cheese and Bacon Sandwich (page 111)

Cabbage and Cucumber Pickle Salad (page 81)

Waffle Potatoes

PLATE SNACKS

Hot Frankfurter Sandwich (page 113)

Cubed Tomato Salad (page 83)

Hot Potato Chips

MONDAY'S BRIDGE PLATE

Bridge Fruit Salad (page 103)

Toasted Cheese Rolls (page 123)

Bridge Cookies

PARTYISH PLATE

Salad Sandwich Rolls (page 110)

Fruit Salad Dessert Molds (page 101)

Pecan Wafers

Special Occasion Menus..

FOURTH OF JULY PORCH SUPPER

Nippy Rarebit on Toasted Crackers (page 130)

Mixed Vegetable Salad Bowl (page 88)

Heinz Sandwich Spread Sandwiches

Heinz Preserved Sweet Pickles

Fresh Red Raspberry Sundae

FOR THE HOLIDAY

Seasonal Fruit Salad*

Holiday Cookies

Homemade Candies

(*St. Patrick's Day, page 99; Valentine, page 99; Christmas Bell, page 100; Hallowe'en, page 101)

SPRING SHOWER MENU

Special Ice Cream Molds

Cup Cakes with Pastel Fondant Frosting (page 180)

Coffee

Nuts Fancy Mints

THANKSGIVING SEASON LUNCHEON

Turkey in Mushroom Sauce (page 29)

Heinz Fresh Cucumber Pickle

Heinz Ripe Mission Olives

Salad of Autumn Fruits

Mince Meat Upside Down Cake (page 148)

..Special Occasion Menus

BUFFET SHOWER MENU

Chilled Heinz Consommé with Lemon Slice

Relishes Assorted Cheeses

Sliced Tomatoes Fluted Eggs (page 92)

Refrigerator Meat or Tuna Fish Loaf (page 21)

Summer Vegetable Salad with French Dressing

Butter Assorted Fancy Rolls (page 138)

Banana Chiffon Pie (page 159)

AN EARLY WEDDING BREAKFAST

Grapefruit filled with White Grapes

or

Cantaloupe filled with Melon Balls

Chicken in Mushroom Sauce on Waffles (page 29)

Heinz Currant or Crabapple Jelly

Berry Flake Muffins (page 141)

HALLOWE'EN BRIDGE PARTIES

Hallowe'en Fruit Salad (page 101)

Jack O'Lantern Sandwiches (page 119)

Pumpkin Face Mince Meat Cakes* (page 153)

Cider

Salted Nuts Cream Caramels (page 174)

*Frost cakes, then form facial features using raisins for eyes and nose and a half of a ring of maraschino cherry for a mouth.

Hints

AND GADGETS

Preparing meals day-in day-out for your family is just half the task it used to be. So many new techniques have been developed—labor-saving devices, practical gadgets, and simplified methods of cooking. Now there are all manner of neat little knickknacks and knives to trim greens and garnishes in a trice, short cuts in food preparation, and time-saving tips that make light work of a masterly meal.

The next few pages are a treasure trove of these quick tricks—photographs of efficient gadgets in action, and step by step descriptions of some time-saving techniques. You can see for yourself just how to carve shapely radish roses and long radish curls. Vegetable slivers are easy to do once you know how to julienne them. And when it comes to making fancy frills like gherkin fans, perfectly round melon balls, and a swift way to section citrus fruit, why it's no job at all using these simple methods. Lay in a supply of these handy helpers and arrange them near your work units. A drawer by the sink would be convenient for knives and cutters used in cleaning salad greens and vegetables, and the more general gadgets could be placed in a cabinet near your work table.

Sectioning citrus fruit • No. 1

Chopped celery • No. 3

Slicing eggs • No. 5

1. TO SECTION GRAPEFRUIT OR ORANGE

Pare grapefruit or orange with sharp knife (Photo 2, page 82). Slide knife blade down along each section wall of grapefruit or orange to center, then turn out with a twist of the knife. (See photo)

2. TO SOUR SWEET MILK

Add 2 tablespoons Heinz Pure Cider Vinegar or Distilled White Vinegar to 1 cup sweet milk to achieve a product similar to buttermilk. Add the vinegar slowly, stirring constantly. This may be used in recipes calling for buttermilk or sour milk.

3. TO CHOP CELERY COARSELY

Wash bunch of celery under faucet, using a vegetable brush. If necessary, separate stalks, then cluster together again. Cut crosswise into thin pieces. (See photo)

4. TO CUT CHERRY POINSETTIAS

Make 5 or 6 cuts in each maraschino cherry through the pitted end to within ¼ inch of round end, dividing it into 10 or 12 sections. Place flat on paper napkins or tea towel with outside of cherry up. Press flat in center and separate petals. May be sprinkled with sugar.

5. TO SLICE EGG

Place hard cooked egg in egg slicer and cut as illustrated. (See photo)

6. TO PREVENT BACON FROM CURLING

Notch edges, before cooking, with a knife or scissors.

7. TO MAKE GHERKIN FANS

Cut Heinz Preserved Sweet Gherkins into thin parallel slices almost the length of each Gherkin. Carefully spread then press uncut end of pickle between thumb and forefinger so fan will hold its shape. (See photo)

Gherkin fans · No. 7

8. TO PREVENT DISCOLORATION OF PEELED FRUITS

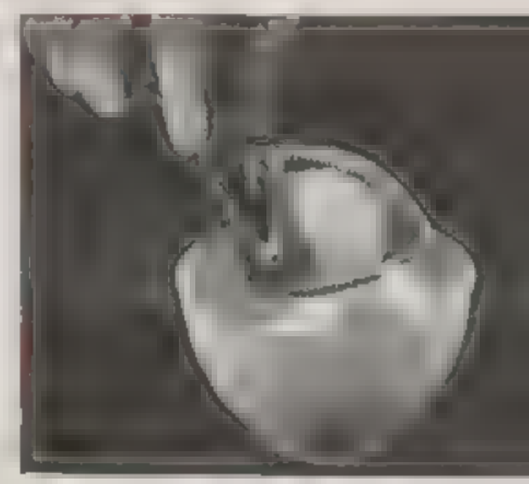
Sprinkle fruits with lemon juice or cover with canned pineapple juice.

9. TO CUT MARSHMALLOWS

Use scissors, dipping scissors in powdered sugar after each cut.

10. TO SQUEEZE LEMON JUICE

Cut lemon in halves. Place cut side of lemon on flat bottom of squeezer so juice can drain through holes in the surface. Pull handles together firmly so teeth grip the sides of the lemon, squeezing the juice from the fruit as you press. (See photo)



Squeezing lemon juice · No. 10

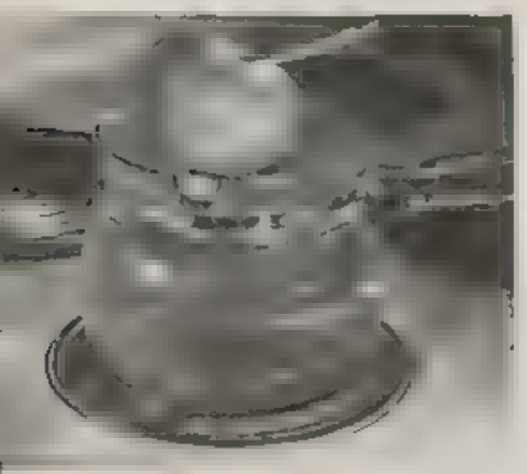
11. TO MAKE GARLIC OLIVES

Drain liquor from Heinz Ripe Mission Olives. Place garlic bud in liquor and heat to boiling point. Pour over Olives. Cool, then chill.

12. FRENCH CUTTER

Press cutting edge of French cutter down firmly on melon, fruit or vegetable. Twirl handle with fingers making complete circle with cutter, and lift out balls. (See photo)

Using French cutter · No. 12



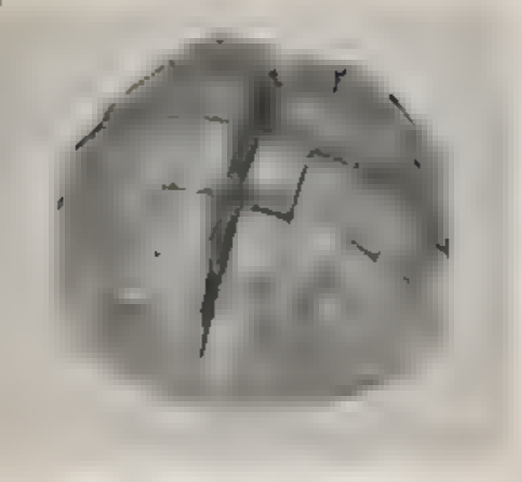
Skinning tomato · No. 13

13. TO SKIN A TOMATO

Stick sharp fork through stem end of tomato. Plunge tomato into boiling water leaving only a few seconds (the riper the tomato the less time is needed). Remove and plunge immediately into cold water. With tip of paring knife break skin at blossom end and peel skin back. (See photo)

14. TO STONE HEINZ RIPE MISSION OLIVES

Place Olives on waxed paper and roll with rolling pin. Remove stones and chop Olives as desired. Or slice Olives from stone with knife.



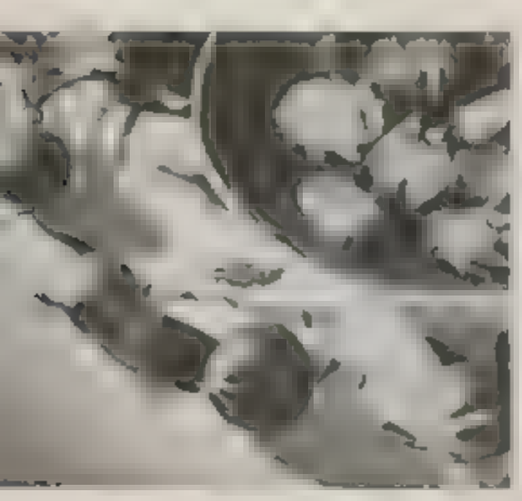
Cubed tomato · No. 15

15. TO CUBE A TOMATO

Skin (Hint 13) then chill tomatoes. Cut each tomato into sections from top to within one-half inch of bottom, making cuts one-half inch apart. Turn tomato one-fourth way around and make the same number of similar cuts, thus cutting the tomato in crisscross fashion. (See photo)

16. TO LINE SALAD BOWL

Cut or break salad greens into small pieces. Cover bottom of bowl well with the greens. Or cover inside of bowl with large flat lettuce leaves.



Radish roses · No. 17

17. TO MAKE RADISH ROSES

With a small sharp paring knife, cut well through the skin into the radish from the tip to the stem end, making 6 to 8 cuts. Cut back the petals, thus formed, making sure petals are thick enough not to break easily. Place in ice water an hour or more so petals will curl. (See photo)

GADGETS

18. TO GRIND PEPPER

Drop pepper corns in top of grinder, turn handle, and finely ground pepper will drop from bottom of mill. (See photo)

Pepper grinder · No. 18

19. TO MARINATE

Sprinkle vegetables, meat, fish, or fruits with French Dressing, tossing as they are sprinkled so just enough dressing is added to coat particles. Let stand in refrigerator an hour or so to chill.

20. TO JULIENNE VEGETABLES

Slice vegetables thinly. Place two or three slices together, cut lengthwise into narrow strips about ¼ inch broad. (See photo)

Julienned vegetables · No. 20

21. TO MEASURE LESS THAN A CUP OF SOLID FAT

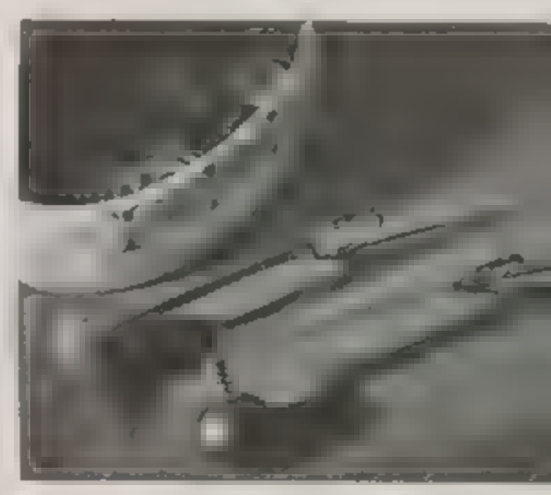
Subtract amount of fat needed from 1 cup. Fill cup with that amount of water, then add fat until 1 cup mark is reached. For instance, if ⅓ cup is desired, fill measuring cup ⅔ full of water and add fat until water reaches 1 cup mark. Drain water off.

22. TO SIEVE EGGS FOR GARNISHING

Place whole hard cooked eggs, or yolks, or whites, in small sieve. Press through with wooden spoon, letting particles of egg fall on food to be garnished.

23. TO USE RADISH CURLER

Screw end of cutter through center of radish. Place curls thus formed in ice water to crisp. (See photo)



Making radish curls · No. 23

Celery curls · No. 25

24. TO CRISP WILTED VEGETABLES

Cover with cold water and let stand several hours in refrigerator.

25. TO MAKE CELERY CURLS

Cut small stalks or short pieces of celery lengthwise into thin shreds, cutting to within ½ inch of the leaves or end of piece. Place in ice water to curl. (See photo)

26. TO STUFF DILL PICKLES

See photographs page 14.

27. TO PARE ORANGE AND GRAPEFRUIT

Pare with sharp knife, cutting away membrane. (See photo 2, page 82)

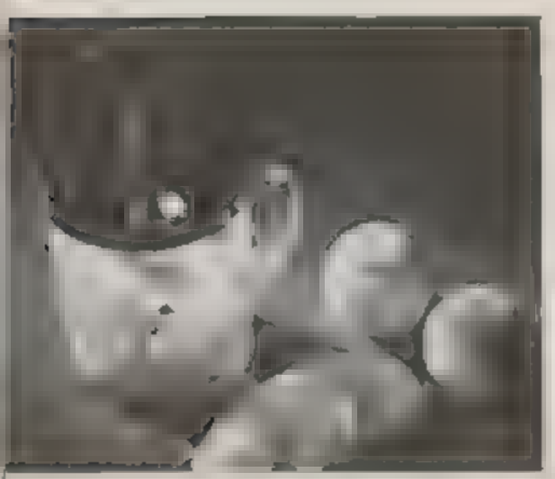
Scraping onion juice · No. 28

28. TO SECURE FRESH ONION JUICE

Cut thick slice from top of onion. Sprinkle with salt. Scrape upward with knife, letting juice fall into container. (See photo)

29. TO SCORE CUCUMBERS

Pare cucumbers, then score lengthwise with the prongs of a fork to make fluted edge. Cut crosswise into thin slices. (See photo 1, page 80)



Chopping onions · No. 30

30. TO CHOP ONION

Skin onion and, if large, cut in thin slices or cubes. Drop into bottom of glass measuring cup, cover with lid and chop until slices are minced to desired fineness. (See photo)

31. TO PICKLE BEETS

Cook, skin, then slice if large beets are used. Heat liquor left from Heinz Sweet Pickles to boiling point, then pour over beets. Cool, then chill. May be kept in refrigerator indefinitely.

32. TO MAKE CARROT FLOWERS

Scrape tender carrots. Make lengthwise cuts ⅛ inch deep into carrots. Cut crosswise into paper thin slices. Keep slices in ice water an hour or so to curl petals. (See photo)

Carrot flowers • No. 32

33. TO REMOVE OIL FROM TUNA FISH

Wash can, then cut top entirely around with can opener. Tilt can and press top down onto tuna, letting oil run from the can. If oil is to be rinsed from fish, place fish in sieve and run hot water over it. Drain well.

34. TO EDGE LETTUCE WITH PAPRIKA

Cover bottom of flat plate with paprika. Holding leaf of lettuce by stem end, dip edges lightly into paprika. (See photo)

Edging lettuce with paprika • No. 34

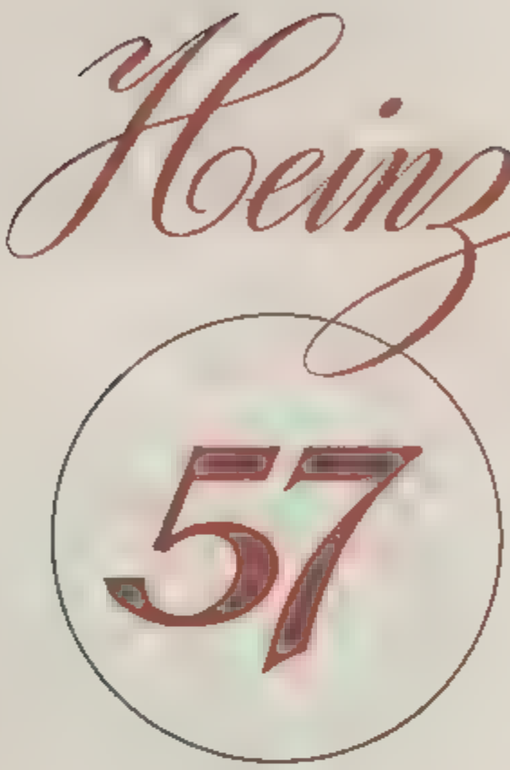
35. TO RINSE BAKED BEANS

Pour Heinz Oven Baked Beans into a sieve. Let warm water flow over Beans, tossing around in sieve. Drain, cool, then use as directed.

36. TO SEPARATE LETTUCE

Remove core, then let water from faucet flow into head until pressure of water forces leaves apart. If still firm, let head stand in cold water to cover. (See photo)

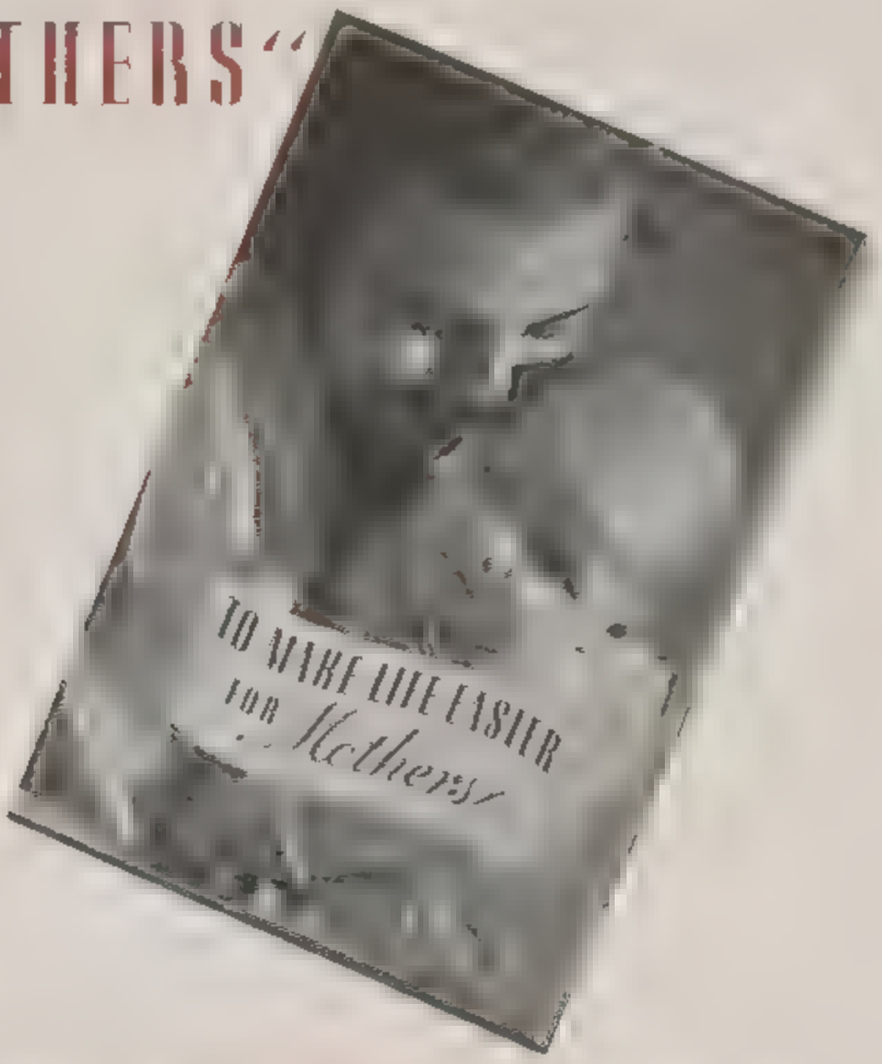
Coring head lettuce • No. 36



VARIETIES

1 Heinz Oven-Baked Beans with Pork and Tomato Sauce
2 Heinz Oven-Baked Beans without Tomato Sauce, with Pork—Boston Style
3 Heinz Oven-Baked Beans in Tomato Sauce without Meat—Vegetarian
4 Heinz Oven-Baked Red Kidney Beans
5 Heinz Cream of Asparagus Soup
6 Heinz Cream of Celery Soup
7 Heinz Cream of Green Pea Soup
8 Heinz Cream of Mushroom Soup
9 Heinz Cream of Oyster Soup
10 Heinz Cream of Spinach Soup
11 Heinz Cream of Tomato Soup
12 Heinz Bean Soup (with Ham)
13 Heinz Chicken Gumbo (Creole) Soup
14 Heinz Chicken Noodle Soup
15 Heinz Chicken Soup with Rice
16 Heinz Consommé—Plain or Madrilène Style
17 Heinz Clam Chowder
18 Heinz Corn Chowder
19 Heinz Genuine or Mock Turtle Soup
20 Heinz Onion Soup
21 Heinz Pepper Pot Soup
22 Heinz Scotch Broth
23 Heinz Vegetable Beef Soup
24 Heinz Vegetable Soup (with or without Meat Stock)
25 Heinz Mince Meat
26 Heinz Puddings—Date, Fig, and Plum
27 Heinz Peanut Butter
28 Heinz Cooked Spaghetti
29 Heinz Cooked Macaroni
30 Heinz Pure Jellies
31 Heinz Apple Butter
32 Heinz Pickles—Sweet and Sour
33 Heinz Chow Chow or Sweet Mustard Pickle
34 Heinz Dill Pickles
35 Heinz Fresh Cucumber Pickle
36 Heinz India Relish
37 Heinz Preserved Onions—Sweet and Sour
38 Heinz Strained Foods
39 Heinz Junior Foods
40 Heinz Sandwich Spread
41 Heinz Ripe Olives
42 Heinz Pure Spanish Olive Oil
43 Heinz Tomato Ketchup
44 Heinz Chili Sauce
45 Heinz 57-Beefsteak Sauce
46 Heinz Pepper Sauce—Red and Green
47 Heinz Worcestershire Sauce
48 Heinz Prepared Mustard—Brown and Yellow
49 Heinz Evaporated Horseradish
50 Heinz Mayonnaise
51 Heinz Pure Malt Vinegar
52 Heinz Pure Cider Vinegar
53 Heinz Distilled White Vinegar
54 Heinz Tarragon Vinegar
55 Heinz Rice Flakes
56 Heinz Breakfast Wheat
57 Heinz Tomato Juice

"MAKING LIFE EASIER FOR MOTHERS"



A HANDBOOK FOR MOTHERS on modern methods of baby care. Here are valuable weight and growth tables—outlines of baby's mental and physical development—vitamin and mineral charts—important facts on infant feeding. Helpful hints on organizing your baby's life are included, too—plans for the nursery—sleeping schedules—baths and training habits. A priceless account of memorable events in the life of your own baby can be kept on the record pages in the back of this book. To get your copy of Heinz new baby book, simply mail ten cents in cash or send three Strained Foods labels to H. J. Heinz Company, Pittsburgh, Pennsylvania.

GUESTS AT YOUR FAMILY TABLE FOR 70 YEARS

TO YOU who recall with fond nostalgia the luscious chicken soups, plump, nut-brown beans and spicily fragrant relishes of your childhood — and to you, also, who are too young for such memories — the name Heinz means *good eating*. We are indeed proud that for 70 years now you have welcomed at your table these ready-to-serve delicacies we prepare with modern, scientific skill and in the finest tradition of old-fashioned home cooking.

It was Henry J. Heinz, founder of this vast food industry, who laid down the basic principle for the conduct of his business — to make pure foods from the best raw materials available and to prepare them after treasured old-time recipes. In 1869 he began his venture by grating and bottling horseradish in the basement of a small brick house in Sharpsburg, Pa. — a house which has since been moved to Pittsburgh. It stands across from the Administration Building today as a constant reminder of the founder's ideals.

FROM ONE TO FIFTY-SEVEN

Down through the years the list of foods has grown to 57 Varieties —and never have the Heinz principles been forgotten. All 23 delicious Heinz Home-style Soups are prepared the old-time, small-batch way — from lush, blue-ribbon vegetables, carefully

selected meats and poultry, cream so rich a spoon could stand in it. . . . Heinz chefs make their own spaghetti dough from top-grade durum wheat — dry it in air-conditioned rooms. . . . Heinz Fresh Cucumber Pickle, Pure Fruit Jellies, Plum Pudding and Apple Butter are the same irresistible, unforgettable delights that used to grace the groaning board at grandmother's. . . .

The Quality Control Department of the House of Heinz is another step in the realization of Henry J. Heinz ideals. Here every bit of raw material, every process of manufacture and all finished products are constantly checked and inspected by college graduates with special scientific training. No deviation, however slight, from Heinz rigid quality standards is tolerated.

TRAINING THE HOME COOK

Another part of Heinz plan to help the American housewife is the Home Economics Department, where new recipes are tested, menus are formulated, letters of culinary advice are sent to homemakers throughout the land. And in the spacious auditorium at Pittsburgh, daily public lectures are conducted by our expert home economists.

EMPLOYEE WELFARE

H. J. Heinz Company pioneered in the establishment of recreation halls, rest rooms, dining halls and dressing rooms — and in the adoption of other measures for the welfare and happiness of their employees. Perhaps this is one reason why this family of over 16,800 men and women do their work with pride and care. Perhaps this is why they succeed so well in making products of outstanding quality.

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HEINZ
PLUM PUDDING
HEINZ
FIG PUDDING
HEINZ
SAUCE
HEINZ
PURE
CIDER
VINEGAR
ONE PINT
HEINZ
WHITE
VINEGAR
ONE PINT
HEINZ
PURE
OLIVE OIL
HEINZ
SANDWICH
SPREAD
HEINZ
KATSUP
HEINZ
PEANUT
BUTTER
HEINZ
MUSTARD
HEINZ
CREAM OF
CELERY
SOUP
HEINZ
CREAM OF
OYSTER
SOUP
HEINZ
OVEN
BAKED BEANS
HEINZ
OVEN BAKED
RED
KIDNEY BEANS
WITH PORK
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INDIA
RELISH
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INDIA
RELISH
HEINZ
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CHOW CHOW
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CREAM OF
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